

Special Issue

Nutritional Interventions for Age-Related Diseases

Message from the Guest Editor

Established as well as emerging evidence indicates diet and nutrition play an important role in aging and impact the development of age-related diseases. It is crucial to identify dietary and lifestyle factors that may affect aging and health, especially among older individuals that have been historically underrepresented in research. Dietary components with anti-aging effects may slow or prevent the development of cardiovascular and cerebrovascular diseases, neurodegenerative diseases, cognitive impairment, and dementia. This Special Issue aims to explore the role of dietary patterns and nutritional interventions among older adults, with a particular focus on their effects on age-related diseases, including metabolic disorders, inflammation, chronic diseases, cognitive impairment, skeletal muscle mass, etc. The ultimate question is whether nutritional interventions can have a positive impact on aging and health in older adults. We welcome your submissions to this Special Issue, “Nutritional Interventions for Age-Related Diseases”.

Guest Editor

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About the Journal

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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