

Special Issue

Dietary Strategies for Prevention of Geriatric Diseases and Exploring the Mechanism of Aging

Message from the Guest Editors

Population aging is one of the biggest challenges to sustainable development. Aging is a gradual and irreversible pathophysiological process characterised by the decline of tissue and cell function and the significantly increased risk of various diseases, including neurodegenerative diseases, cardiovascular diseases, gastrointestinal diseases, immune system diseases, and so on. More and more studies have shown that diet plays an important role in regulating aging and the development of age-related diseases. This Special Issue is interested in research articles and literature reviews that discuss how to alleviate aging and age-related degenerative diseases through diet or nutrients such as trace elements, probiotics, phytochemicals, etc. These discussions also include underlying mechanisms related to aging and age-related pathology.

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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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