

## Special Issue

# Effects of Dietary Intake and Physical Activity on Cognition in Ageing

### Message from the Guest Editors

Diet and physical activity are modifiable lifestyle factors that are associated with cognitive performance in all ages, but their influence is potentially more prominent in older adults. In this population, diet and physical activity may affect cognitive performance by direct effects on brain health or, indirectly, through effects on other health conditions. The aim of this Special Issue is to identify and assess dietary factors as well as lifestyle factors (e.g., physical activity and/or exercise) in the optimization of cognitive performance and/or in the prevention and management of cognitive decline in older adults. The identification of innovative tools and technologies that can aid, assess and/or modulate dietary intake and physical activity, with an impact on older adults' cognition, is also of particular interest. Finally, the recognition of gaps in this field of knowledge is also important and welcomed. We encourage all researchers who work, or can contribute, to this field to submit original research papers, reviews, systematic reviews, and meta-analyses to this Special Issue in order to broaden our knowledge and open new research avenues.

### Guest Editors

Dr. Nadine Correia Santos

1. Life and Health Sciences Research Institute (ICVS), School of Medicine, Braga, Portugal
2. Association P5 Digital Medical Centre (ACMP5), Braga, Portugal

Dr. Carlos Portugal-Nunes

1. Biology and Environment Department, School of Life Sciences and Environment, University of Trás-os-Montes e Alto Douro, 5000-801 Vila Real, Portugal
2. CECAV - Veterinary and Animal Science Research Centre, Quinta de Prados, 5000-801 Vila Real, Portugal

### Deadline for manuscript submissions

closed (15 November 2023)



## Nutrients

an Open Access Journal  
by MDPI

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/si/128363](https://mdpi.com/si/128363)

*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)





# Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)



## 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.

---

### Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

#### Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)