

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.

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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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