

Special Issue

Lifestyle Strategies in Cognitive Decline: Focus on Nutrition

Message from the Guest Editor

Preventive lifestyle interventions are known to be effective in a variety of age-related diseases and conditions, including cognitive decline. However, due to the heterogeneity of aging and the broad spectrum of interventions used across studies, the definite structure of lifestyle strategies to maintain cognitive integrity or prevent deterioration is still under debate. In this issue, the state-of-the-art of interventions aimed at reducing the burden of cognitive impairment with and without dementia will be presented to the readers, with particular attention to nutritional strategies. MD PhD FRCP

Guest Editor

Prof. Dr. M. Cristina Polidori

Ageing Clinical Research, Department II of Internal Medicine, Center for Molecular Medicine Cologne, University Hospital Cologne, Faculty of Medicine, University of Cologne, 50931 Cologne, Germany

Deadline for manuscript submissions

closed (30 November 2018)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/11913

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
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 (UIBS), 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)