

Special Issue

Dietary Patterns and Healthy Aging

Message from the Guest Editors

Optimal nutrition is crucial for the health and wellbeing of older adults. Prior studies have examined the role of dietary patterns defined by adherence to a particular diet, such as the Mediterranean diet (MedDiet), “healthy” or “prudent” versus “unhealthy” or “Western” patterns, and new patterns based on foods known to promote healthy aging and/or cognition, including MIND (Mediterranean–DASH diet Intervention for Neurodegenerative Delay). Determining optimal nutrition for different stages of pregnancy and measuring nutrient intake is challenging. Across the world and within individual communities, dietary patterns have been identified and linked to various health outcomes. These patterns, rather than individual food constituents and nutrients, may have a greater influence on health. This Special Issue seeks to bring together international research on dietary patterns and nutrient intake among older adults to further our understanding of the influence of diet on aging-related outcomes.

Guest Editors

Dr. Jeannette M. Beasley

Department of Nutrition and Food Studies and Medicine, New York University, New York, NY, USA

Dr. Jessica Bihuniak

Department of Nutrition and Food Studies, Steinhardt School, New York University, New York, NY, USA

Deadline for manuscript submissions

closed (15 June 2023)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/117397

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)