

Special Issue

Calorie Restriction in Human Health

Message from the Guest Editors

Calorie restriction (CR), which involves reducing calorie intake without causing malnutrition, has been demonstrated to enhance lifespan and improve health outcomes in various model organisms. The goal of this Special Issue is to delve into the concept of CR and its potential effects on human health and longevity. We aim to explore the diverse impacts of CR on human well-being, its role in aging, and the broader public health implications, particularly concerning the epidemic of metabolic diseases and healthspan. We invite contributions that investigate the biological mechanisms underlying the benefits of CR, such as its effects on metabolism, cellular repair, and inflammation. We also welcome papers on dietary approaches for implementing CR, as well as alternative methods like intermittent fasting, time-restricted eating, and the development of CR mimetics, which may provide similar health benefits without the need for sustained calorie reduction.

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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.

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