

Special Issue

Diet, Lifestyle and Cognition Ageing

Message from the Guest Editor

Age-related declines in many cognitive abilities are well-documented. Cognitive decline and dementia affect quality of life, functionality, and independence in older adults. While the multifactorial nature of cognitive aging is partially determined by individuals' genetic profile, growing evidence suggests that nongenetic factors such as diet and physical activity also play important roles. However, despite the increasing evidence supporting the effects of diet quality and physical activity/exercise behaviors on cognitive and brain aging, several research gaps remain. Specifically, there is a need for more studies. A comprehensive understanding of the role of lifestyle factors in cognition aging may help us to identify potential preventive measures for cognitive decline.

This Special Issue of *Nutrients*, entitled “Diet and Lifestyle Factors in Cognition Ageing”, describes how lifestyles including nutrition and physical activity influence the health problems associated with aging. Original research, systematic reviews, and meta-analyses are all welcome.

Guest Editor

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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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