

Special Issue

Nutrition and Cognition in Older Adults: A Multidisciplinary Approach

Message from the Guest Editor

Nutrition can affect cognitive function in older adults, with some studies showing that nutritional supplementation can improve cognitive function in patients with cognitive impairment, which also has been associated with poorer nutritional status. Good physical function and physical activity contribute to a healthy mental state, which are closely related to nutrition. Problems specific to old age, such as oral problems and polypharmacy, are also closely related to malnutrition and cognitive decline. Therefore, the standardization of nutritional assessment, prevention, and treatment in clinical settings is urgently needed for the maintenance of good cognitive function. To achieve these goals, high-quality clinical evidence is needed for nutrition management in clinical settings, including nutrition, exercise, oral health, and medications. The aim of this Special Issue is to update knowledge on nutrition and cognition, including nutrition, exercise, oral management, medication interventions, and other potential multidisciplinary interventions. Manuscripts of all types are welcome, including original papers and review articles.

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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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