Special Issue

Nutrition and Health Throughout the Lifespan

Message from the Guest Editors

This Special Issue, "Nutrition and Health Throughout the Lifespan", explores the role of dietary patterns and evidence-based nutritional recommendations in promoting health across all life stages. We welcome submissions that move beyond restrictive diets to highlight how balanced nutrition supports growth. development, and overall wellbeing from childhood to older age. Topics of interest include nutrient adequacy, dietary guidelines, eating behaviors, and culturally adapted approaches for long-term health. We encourage research that bridges nutrition science with practical health outcomes, examining nutrition's influence on physical/cognitive development in the young, disease prevention in adults, and maintaining functional capacity in aging populations. Both original research and comprehensive reviews are invited, with an emphasis on translational findings that inform public health policy and clinical practice.

Guest Editors

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Deadline for manuscript submissions

25 April 2026



Nutrients

an Open Access Journal by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/256044

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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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