

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

Dr. Guillermo Garcia-Perez-De-Sevilla

Department of Physiotherapy, Faculty of Sports Sciences, Universidad Europea de Madrid, 28670 Madrid, Spain

Prof. Dr. Margarita Pérez-Ruiz

ImFINE Research Group, Department of Health and Human Performance, Facultad de Ciencias de la Actividad Física y del Deporte, INEF Universidad Politécnica de Madrid, 28040 Madrid, Spain

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

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 (IUIBS), 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)