

Special Issue

Mechanisms Underlying the Protective Effect of Nutrition and Physical Activity in Neurodegenerative Diseases

Message from the Guest Editors

Inadequate intake of certain nutrients and sedentarism have been associated with an increased risk of developing neurodegenerative diseases, as well as with a faster progression of these pathologies. On the other hand, certain dietary patterns and interventions, as well as regular exercise, have been shown to have a protective role. The study of the underlying molecular mechanisms has increased considerably in recent years, although they are not yet known in detail. In particular, epigenetic mechanisms and those related to the composition and dynamics of gut microbiota have gained special prominence.

This Special Issue, “Mechanisms Underlying the Protective Effect of Nutrition and Physical Activity in Neurodegenerative Diseases”, welcomes original articles, narrative and systematic reviews, and meta-analyses exploring the role of diet and physical activity in modulating the risk and progression of neurodegenerative diseases, with special interest in the underlying molecular mechanisms. This may inform updated and more individualized lifestyle recommendations, as well as new therapeutic targets.

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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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