

Special Issue

Role of Nutrition and Physical Activity on Frailty and Cognitive Status in Aging

Message from the Guest Editor

The world population is experiencing significant aging which has resulted in rising proportions of older persons, estimating to reach 1.2 and 2 billion people over 60 years of age by 2025 and 2050, respectively. There is increasing evidence about the effects of diet quality, adherence to Mediterranean diet, and physical activity/exercise behaviors on frailty, cognition, and aging. In this regard, frailty and cognitive decline are two of the most relevant consequences associated with the aging process affecting quality of life, functionality, and independence in older adults. This Special Issue “Role of Nutrition and Physical Activity on Frailty and Cognitive Status in Aging” is to publish selected papers describing how lifestyles including nutrition and physical activity influence the main health problems associated with aging. Particularly, papers (reviews and randomized control trial or experimental studies) dealing with the role of nutrition and physical activity on the prevention and treatment of frailty, cognition, and dementia, and the related molecular changes, will be included. Dr. David Jiménez Pavón

Guest Editor

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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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