

Special Issue

The Impact of Dietary Nutrients and Dietary Habits on Alzheimer's Disease and Dementia

Message from the Guest Editor

The life expectancy is increasing worldwide, and the global population is growing, resulting in an enhanced increment of elderly individuals and age-related diseases. Dementia is a severe impairment of the cognitive function that affects daily life and represents a huge problem for the health and economic system. Alzheimer's disease (AD) is the major disease leading to dementia. Dementia and AD are promoted by genetic predisposition, aging, environmental factors, nutrition, and lifestyle habits. In particular, there is no cure for AD. Thus, it is important to investigate the role of risk factors in order to prevent AD. Several data demonstrate that dietary habits play an important role in preventing the onset and progression of dementia and AD. Supplementation with dietary nutrients seems to be beneficial against dementia and AD. Nutrients and dietary habits exert an essential role on the microbiota composition, modulating the gut–brain axis and, in turn, the onset and progression of dementia and AD.

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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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