

Special Issue

Lifestyle Determinants of Cognitive Aging: Integrated Diet, Physical Activity and Multidomain Interventions

Message from the Guest Editor

Cognitive aging is influenced by a range of modifiable lifestyle determinants, including diet, physical activity, cognitive stimulation, and social engagement.

Increasing evidence from longitudinal cohorts and clinical trials shows that these factors interact through various pathways, influencing cognitive reserve, vascular health, and inflammation. Multidomain interventions that combine diet, exercise, cognitive training, and vascular risk management have demonstrated promising results in delaying cognitive decline and improving brain health.

This Special Issue, entitled “Lifestyle Determinants of Cognitive Aging: Integrated Diet, Physical Activity and Multidomain Interventions”, aims to collate a collection of articles that will advance our current knowledge on how lifestyle exposures shape cognitive aging, from mechanisms to implementation.

Guest Editor

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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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