

Special Issue

Diet, Lifestyle and Cognition

Message from the Guest Editor

The aging population displays wide heterogeneity in the response, adaptation, and age-related physiological changes throughout the life course. The multifactorial nature of biological aging is initially determined by the genetic profile of each person. However, it has been demonstrated that molecular changes and functional decline are determined not only by genetics but also by other dimensions, among which lifestyles, including nutrition and physical activity/exercise, may influence both dimensions and consequently the evolution of the biological age. Therefore, it is important to fully determine how lifestyles such as nutritional pattern and physical activity affect the principal physiological and psychological changes that occur in aging. This Special Issue describes how lifestyles, including nutrition and physical activity, influence cognition and cognitive disorders, and other types of dementia with innovative strategies for potential preventative approaches. In this Special Issue, both basic and clinical research studies will be accepted. Welcomes to submit either original research or systematic reviews and meta-analyses.

Guest Editor

Dr. Fiammetta Monacelli

Department of Internal Medicine and Medical Specialties (DIMI),
Section of Geriatrics, University of Genoa, 16132 Genoa, Italy

Deadline for manuscript submissions

closed (5 July 2024)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 4.8
CiteScore 9.2
Indexed in PubMed



mdpi.com/si/165398

Nutrients

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 4.8
CiteScore 9.2
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 (UIBS), 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 (Food Science)