

# 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.

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### Guest Editor

Dr. Fiammetta Monacelli

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

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### Deadline for manuscript submissions

closed (5 July 2024)



## Nutrients

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*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

[mdpi.com/journal/  
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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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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

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