

## Special Issue

# Nutritional Epigenetics in Healthy Aging and Longevity

### Message from the Guest Editor

The impact of dietary interventions and specific foods on aging is well established, yet the underlying mechanisms remain insufficiently understood. This Special Issue seeks to explore interventions—whether particular nutrients or dietary patterns—that can positively influence health and/or lifespan. A central focus will be on epigenetic modifications, aiming to highlight how nutritional strategies affect gene regulation and aging processes at the molecular level. Submissions may include both descriptive accounts of nutritional effects as well as mechanistic studies detailing the biological pathways involved. By bringing together diverse research approaches, the Special Issue aims to advance our understanding of how nutrition and epigenetics intersect in shaping aging and age-related health outcomes, with the ultimate goal of identifying effective interventions to promote healthy longevity.

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### Guest Editor

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### Deadline for manuscript submissions

25 July 2026



## Nutrients

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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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