

Special Issue

The Role of Nutrition in Age-Related Neurological Diseases

Message from the Guest Editor

Lifestyle factors, particularly nutrition, play a crucial role in the aging process and can impact on the risk of developing neurodegenerative conditions such as Alzheimer's disease. A Mediterranean-style diet that is abundant in fruits, vegetables, whole grains, fish, and healthy fats like olive oil is associated with a potential reduction in the risk of developing Alzheimer's due to its richness in antioxidants and anti-inflammatory compounds. Some studies also propose that omega-3 fatty acids, prevalent in fatty fish like salmon, may offer protective effects against cognitive decline. The focus of this Special Issue is to comprehensively explore the impact of nutrition and lifestyle factors on the development of neurodegenerative conditions, particularly Alzheimer's disease.

Guest Editor

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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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