

Special Issue

Dietary Restriction and Lifespan

Message from the Guest Editor

Dietary restriction (DR) is one of the few natural interventions that can lead to a longer and more healthy life. DR is an umbrella term for various forms of nutritional intervention, including caloric reduction, the reduction of macronutrients, and the temporal limitation of food intake. In this Special Issue of *Nutrients*, particular attention will be paid to studies using these different forms of DR to extend the life or health span. A main focus of this Special Issue of *Nutrients* will be on human studies, but studies employing cell culture systems or informative animal models are also welcome. Furthermore, mechanistic studies addressing those signaling pathways and effector systems that are of central importance to transducing DR into a longer life or those employing potential DR mimetics will also be considered.

Guest Editor

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Deadline for manuscript submissions

closed (31 October 2020)



Nutrients

an Open Access Journal
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Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/36630

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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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