

Special Issue

Epidemiological Study of Fatty Acids for Healthy Ageing

Message from the Guest Editor

With the aging of the population in recent decades, promoting healthy aging is a great concern worldwide. As modifiable nutritional factors on healthy aging, fatty acids are examined. For example, n-3 and n-6 polyunsaturated fatty acids (PUFAs) are expected to serve as preventive factors that support healthy aging due to their multiple roles, such as reducing chronic inflammatory or oxidative stress, presenting neuroprotection or cardiovascular protection. This Special Issue will feature articles regarding epidemiological studies (prospective studies, systematic reviews of prospective studies, or Mendelian randomization) on the impact of fatty acids on healthy aging. As these are the outcome about healthy aging, this Special Issue is also interested in functional disability, physical function, frailty, dementia, cognitive impairment, or survival without major chronic diseases.

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Deadline for manuscript submissions

closed (31 August 2021)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/59469

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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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