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The Effect of Dietary Patterns and Lifestyle on Healthy Aging

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Deadline for manuscript
submissions:

15 July 2024

Message from the Guest Editor

Aging is a complex process involving a multitude of different factors and biological pathways. These include genetics and the environment as well as diet and other lifestyle factors, all of which combine to determine an individual's risk profile for age-associated disease. While some of these are impossible or difficult to change, diet and lifestyle can more easily be modified, and thus represent good targets to improve health at both an individual and population level. This issue urgently needs to be addressed as people are living longer, but are living more of those years with disability, which is posing a growing burden to society and threatening to overwhelm health and social care services. Previous research has shown the importance of particular dietary components and individual nutrients in maintaining specific health outcomes during aging. More recently, the focus has been on combinations of foods and the role of dietary patterns and lifestyle in reducing the risk of age-associated disease and improving health outcomes in older individuals. This Special Issue aims to explore the latest evidence of the effects of dietary patterns and lifestyle on healthy aging.



mdpi.com/si/187316

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Journal Rank: JCR - Q1 (*Nutrition & Dietetics*) / CiteScore - Q1 (*Nutrition and Dietetics*)

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