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Impact of Dietary Patterns, Nutrition, and Lifestyle on Aging and Elderly Health

Guest Editor:

Dr. Hope Barkoukis

Department of Nutrition, Case
Western Reserve University,
Cleveland, OH 44106, USA

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Message from the Guest Editor

Dear Colleagues,

We are pleased to invite you to submit research articles or reviews for the Special Issue. Globally, life expectancy has increased but the amount of time without disability or illness has not significantly increased. Stated differently, identifying dietary, nutrition, and lifestyle factors that may impact aging and the health of older adults, particularly healthy life expectancy, is critical.

This Special Issue aims to investigate the role of dietary patterns, nutrition, and lifestyle behaviors during this important life cycle stage with a particular focus on the following areas: regulation and dysregulation of metabolic health, including inflammation and cell senescence, risk of chronic disease, cognitive function and impairment, telomere stability, nutrient sensing, mitochondria functioning, maintenance of skeletal muscle mass and functional independence. The ultimate question is whether specific dietary patterns, including but not limited to daily meal composition and timing, as well as physical activity choices and other lifestyle behaviors including participation in stress reduction techniques, can positively impact the aging and health of the older adult.



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Special Issue



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1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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Nutrients Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

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