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

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Deadline for manuscript  
submissions:

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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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