



Effects of Dietary and Metabolic Patterns on Cognitive Performance in Older Adults

Guest Editors:

Dr. Beatrice Arosio

Dr. Anna Picca

Dr. Riccardo Calvani

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Message from the Guest Editors

Dear Colleagues,

The worldwide increase of human life expectancy represents a phenomenon that impact substantially on public health. Cognitive decline is strongly associated with age.

Although advancing age represents a major risk factor for cognitive decline, it is not an inevitable consequence of long life. Lifestyle habits and environmental factors play a relevant role in preserving cognition with a large body of evidence indicating the pivotal role played by nutrition and metabolism on cognitive performance. The promotion of a healthy diet is indeed among the alleged strategies to prevent cognitive decline. This implies the need of studies addressing the role that micro- and macronutrients on metabolism and thus on cognitive performance in old age.

This special issue is intended to bring together basic researchers and clinicians working in the area nutritional sciences, geriatrics, internal medicine, public health, and neurology. Original research or review articles from basic science to clinical and population research will be considered suitable for inclusion in the Special Issue.





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Prof. Dr. Lluís Serra-Majem

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, Grosspeteranlage 5
4052 Basel, Switzerland

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