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Nutrition, Diet, Physical Activity and Cognitive Impairment in the Elderly

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Message from the Guest Editors

Dear Colleagues,

The prevalence of dementia, specifically Alzheimer's disease (AD), among individuals aged 65 and above is one in ten, and it is expected to rise due to the aging population. Studies have shown that lifestyle modifications to factors such as diet, physical activity, and cognitive training have the potential to reduce AD risk and delay the onset of dementia. By making lifestyle changes, up to 40% of dementia cases could be prevented, as stated by the World Health Organization (WHO). Multidomain interventions in lifestyle factors are typically used to reduce the risk of cognitive decline; However, there is still limited evidence on the effectiveness of multidomain interventions on the prevention of cognitive decline. This Special Issue of *Nutrients*, entitled "Nutrition, Diet, Physical Activity and Cognitive Impairment in the Elderly", welcomes original research papers and reviews of the literature concerning this important topic.

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