



## Effects of Plant-Based Nutrition on Ageing

Guest Editors:

**Dr. Manfred Lamprecht**

Zentrum für Physiologische  
Medizin, Medizinische Universität  
Graz, Graz, Austria

**Prof. Dr. Claire Williams**

School of Psychology and  
Clinical Language Sciences,  
University of Reading, Reading,  
UK

**Prof. Dr. Luis Cisneros-  
Zevallos**

Department of Horticultural  
Sciences, Texas A&M University,  
College Station, TX 77843-2133,  
USA

Deadline for manuscript  
submissions:

**closed (30 November 2023)**

### Message from the Guest Editors

Dear Colleagues,

Human ageing is a complex and individualized process that occurs in the biological, psychological, and social spheres. Biological ageing is characterized by changes in the metabolism and physicochemical properties of cells, leading to impaired self-regulation, regeneration, and even alterations in functional tissues and organs. In other words, the whole human physiology changes as we age.

Over the last few decades, scientific evidence has demonstrated that the ageing process is influenced by our lifestyle. A key player in this regard is nutrition and diet. Increasing research has indicated that plant-based diets can have beneficial effects on the ageing process and life expectancy. However, there are still significant knowledge gaps that must be addressed to fully understand the effects of plant-based nutrition on ageing.

This Special Issue aims to address the effect of plant-based nutrition, including plant-based dietary interventions, on ageing.

We encourage all investigators in this field, from young and talented fellows to experienced senior scientists, to submit cutting-edge research on the topic of plant-based nutrition and its relation to ageing.





an Open Access Journal by MDPI

## Editors-in-Chief

### **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

## Author Benefits

**Open Access:** free for readers, with article processing charges (APC) paid by authors or their institutions.

**High Visibility:** indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

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

## Contact Us

---

*Nutrients* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
www.mdpi.com

mdpi.com/journal/nutrients  
nutrients@mdpi.com  
X@Nutrients\_MDPI