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## Effects of Plant-Based Nutrition on Ageing

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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.



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# Special Issue



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## Message from the Editorial Board

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