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Diet, Nutrition and Lifestyle in Aging and Age-Related Diseases

Edited by: Emiliana Giacomello and Luana Toniolo

Aging entails the alteration of a plethora of mechanisms at the cell and organ level that ultimately contribute to the functional decline of an organism. As a consequence, older individuals undergo a complex condition named frailty, which includes alterations to their physical and psychological abilities. Frailty is characterized by weakness, lower physical activity, worsening of psychological conditions, and low-grade chronic inflammation, which can be fatal in adverse health circumstances. Frailty has been demonstrated to be a tunable condition, and its onset and development is correlated to several factors such as socioeconomic background, nutritional conditions, and physical exercise.

The present Issue delves into age-related diseases and frailty and reports on strategies that promote healthy aging and elucidate how factors connected to one's lifestyle, including physical exercise, environmental and economic conditions, and other factors, can modulate the quality of aging.

