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Nota di contenuto	Human ageing, a biological view / Henrique de Almeida and Liliana Matos -- To eat or not to eat : anti-ageing effects of energy restriction / Delminda Neves, Maria Joao Martins, Emanuel dos Passos and Ines Tomada -- Nutrition, epigenetics and ageing / Jill McKay and Luisa A. Wakeling -- Nutritional intervention in age-related genetic and epigenetic instability and cancer / Thomas Ong and Ana Paula de Melo Loureiro -- Nutraceuticals in immunosenescence / Thea Magrone and Emilio Jirillo -- Cardiovascular ageing / Carmen Bras Silva and Delminda Neves -- Bone and muscle ageing / Joana Carvalho, Elisa Marques and Pedro Moreira -- Nutrition and the ageing eye / Angela Carneiro -- Nutrition modulation of skin ageing / Alessandra Marini and Jean Krutmann -- Retarding brain ageing and cognitive decline / Jose Paulo Andrade -- Science-based anti-ageing nutritional recommendations / Ines Tomada and Jose Paulo Andrade.