Health care costs are directly related to the aged population. Indeed this may cause significant strain on the health care system or individual economy. Healthy aging and longevity are close-related variables. Longevity is a complex process determined by genomic, environmental, behavioral, socio-demographic and dietary factors. Aging is characterized by apoptosis and multi-organic functional and energy metabolism alterations. To improve health status during the second half of life and minimize economical budgets, it is important to consider the role that nutrition and functional foods have on healthy aging. Nutrition plays a major role in reducing the risk of chronic diseases such as cardiovascular disease, diabetes, cancer, obesity and osteoporosis. Food elements may also compensate age-related changes, such as digestive absorption, skin aging or muscle-skeletal symptoms. Nutrition also has a major impact on morbidity and mortality. Healthy diets and exercise may contribute to reduce the consequences of aging, chronic diseases and other related conditions. There is much data evidencing the positive impact that diets, eating patterns and lifestyle may have at delaying aging. The present global economic crisis may interfere with healthy aging since appropriate nutrition is expensive.