



## Dietary Strategies in Postmenopausal Women with Chronic and Metabolic Diseases

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### Message from the Guest Editor

Dear Colleagues,

As women age, their nutritional needs change, governed by changes in hormones, level of physical activity, and dietary intake. During and after menopause, there are reductions in resting metabolic rate and changes in body composition, including weight and fat mass gain (particularly in the abdominal region) and loss of bone, connective tissue, and muscle mass. These changes in metabolic function and body composition place postmenopausal women at elevated risk for chronic conditions, including cardiovascular disease, type 2 diabetes, osteoporosis, dementia, depression, and cancer, compared to their younger/premenopausal counterparts. This Special Issue will focus on the metabolic pathways affected by the menopausal transition, how dietary patterns in postmenopausal women influence chronic conditions (and vice versa), and what is known about how dietary modification may influence the health of older women, particularly those with chronic conditions. Identification of effective dietary modifications may improve quality of life and enhance longevity in postmenopausal women.

Dr. Monica Serra  
*Guest Editor*





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