

Special Issue

Nutritional Support as Part of the Management of Osteoporosis and Frailty in the Elderly: Challenges and Opportunities

Message from the Guest Editor

Life expectancy is rising, but this brings challenges. Good nutrition is key to health in later life, with calcium and protein vital for musculoskeletal health. However, older adults face issues like lost nutritional opportunities in hospitals, anorexia of aging (especially with cognitive decline), and limited access to good nutrition due to transport or financial problems. This Special Issue aims to explore these challenges and propose strategies to help older adults and their carers. It also seeks to provide an updated view on achieving adequate nutritional support for people with osteoporosis, frailty, and sarcopenia. We welcome submissions of clinical studies, epidemiological studies, and current reviews.

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Deadline for manuscript submissions

15 December 2025



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/244021

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Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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