

## Special Issue

# Geriatric Nutrition—What to Eat to Get It Right

### Message from the Guest Editors

As the population ages, the importance of geriatric nutrition becomes increasingly critical. Understanding what constitutes optimal nutrition for older people is more than a dietary challenge; it is fundamental to ensure a dignified and healthy later life. This Special Issue is dedicated to exploring the pivotal role of nutrition in the health and well-being of older people. We aim to provide a comprehensive platform for the latest research, insights and discussions that address unique dietary and nutritional needs and challenges in older adults. This Special Issue seeks to illuminate the complex relationship between diet, nutrients, bioactive food components, complex dietary pattern and food policy, and age-related physiological changes, disease prevention and management, and improvements in the quality of life. We encourage submissions that cover a wide range of topics, including, but not limited to, (1) nutritional requirements for aging adults; (2) the impact of nutritional and dietary factors on chronic disease prevention and management in older people; and (3) innovative dietary strategies to mitigate the risk of geriatric syndromes.

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### Deadline for manuscript submissions

closed (5 June 2025)



## Nutrients

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## About the Journal

### 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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### Editors-in-Chief

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