

Special Issue

Osteoporosis and Related Bone Metabolic Disease: Integrative Approaches to Nutrition Management

Message from the Guest Editors

The increasing incidence of osteoporosis and of its complications requires an urgent adaptation of the intervention methods by development of new drugs, but also by lifestyle modification. Nutrition is one of the main factors that contribute to the maintenance of bone mineral density (BMD). It acts on BMD directly by the intake of proteins, vitamins and minerals, but also indirectly by modulation of the intestinal microbiome, oxidative stress and low-grade chronic systemic inflammation. To date, the role of nutritional factors such as phytoestrogen-rich foods, dietary sources of probiotics and prebiotics, vitamins other than vitamin D, tea, coffee, oral nutritional supplements and the role of fasting and intermittent vegan diets has not been fully elucidated. This Special Issue is dedicated to the study of diet effects on BMD, correlated with those on the intestinal microbiome, oxidative stress and low-grade chronic systemic inflammation. We also aim to highlight the regenerative effects on bone tissue due to metabolic pathway correction by diet, association with natural compounds, physical therapy and environmental factors.

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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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