

## Special Issue

# Nutritional Strategies for Addressing Physical Frailty and Age-Related Muscle Loss

### Message from the Guest Editors

This Special Issue, aims to verify the effectiveness of various nutritional strategies in improving frailty status and examine their impact on muscle loss. It will explore how general and personalized dietary therapies combined with other lifestyle changes might improve particular frailty criteria and prevent muscle quantity and quality decline. Frailty is an age-related geriatric syndrome characterized by a decrease in the functionality of multiple physiological systems, thereby increasing vulnerability to stressors, while age-related muscle loss leads to a direct decline in daily living activities. Both conditions impact quality of life in older people. The etiology of the development of frailty syndrome is multifactorial, with improper nutritional status and unintentional weight loss both serving as important risk factors in this context. Various nutritional interventions, including higher diet quality, increased protein, fruit, vitamin D, and amino acids, may have impact on frailty and muscle mass. We hope that this Special Issue will provide medical practitioners with useful insights for improving patient care through nutritional treatment.

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### Deadline for manuscript submissions

25 December 2025



## Nutrients

an Open Access Journal  
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Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



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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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