

Special Issue

The Critical Role of Nutrition in Aging-Related Hormonal Changes and Metabolic Diseases

Message from the Guest Editor

The human body experiences various metabolic changes as aging progresses. In general, after the age of 50, whether male or female, various metabolic changes, including energy metabolism, bone metabolism, and muscle loss, tend to occur in the human body due to hormonal changes. The prevalence of metabolic diseases and osteoporosis increases after menopause in women and after age 50 in men due to hormonal changes, which can have a negative impact on health. Therefore, in order to prevent various metabolic diseases and relieve symptoms due to aging and hormonal changes, up-to-date research, including research on nutrients and food-derived compounds, dietary therapy, functional foods, epidemiological investigations, and molecular biological mechanisms, is needed.

We ask for the cooperation of researchers to contribute to improving the quality of life of mankind through nutrition.

Guest Editor

Dr. Seong-Hee Maria Ko

Department of Food and Nutrition, Inha University, 100 Inha-ro, Michuhol-gu, Incheon 22212, Republic of Korea

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Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (UIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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