

## Special Issue

# Nutritional Status and Frailty during and after COVID-19

### Message from the Guest Editor

COVID-19 might affect the nutritional status and physical performance of both patients and survivors. Several factors including reduced appetite, alterations to smell and taste, prolonged bed rest may result in malnutrition. Initial weight loss followed by a worsening of body composition after recovery has been reported in COVID-19 patients. At the same time, altered muscle quality may lead to poor short- and long-term outcomes following COVID-19, predicting persistent mobility problems even months after recovery. Therefore, an aberrant nutritional status, which likely has a causative link to the risk of frailty and reduced physical performance, might be a major contributor to post-COVID-19 sequelae, hampering the patient's ability to completely recover from the disease. Evidence on the nutritional status of COVID-19 patients and survivors, together with the characteristics, prevalence, and effects of its alterations, is still poor. Additionally, the clinical and etiological phenotypes of frailty in these patients are still unclear. This Special Issue aims to fill these gaps with the belief that a thorough understanding of a problem is half the solution.

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## Nutrients

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*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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