

## Special Issue

# Nutrition and Lifestyle Influences on Age-Related Frailty and Sarcopenia

### Message from the Guest Editor

Aging is associated with an increased risk of frailty and sarcopenia, conditions that significantly impact mobility, independence, and overall quality of life. This Special Issue of *Nutrients* aims to explore the complex interplay between diet, physical activity, and other lifestyle behaviors in relation to frailty and sarcopenia in aging populations. We welcome original research articles, systematic reviews, and meta-analyses that investigate key topics, including (but not limited to) the following:

- The role of protein intake, amino acid supplementation, and dietary patterns in muscle mass preservation.
- The impact of micronutrients, antioxidants, and anti-inflammatory diets on sarcopenia progression.
- Lifestyle interventions combining nutrition, exercise, and behavioral strategies to prevent frailty.
- The gut-muscle axis and the influence of the microbiome on muscle health.
- The effects of intermittent fasting, caloric restriction, and other dietary approaches on muscle function.

---

### Guest Editor

Dr. Sarah Damanti

1. Internal Medicine Unit, IRCCS San Raffaele Scientific Institute, 20132 Milan, Italy

2. Division of Immunology, Transplantation and Infectious Diseases, Vita-Salute San Raffaele University, 20100 Milan, Italy

---

### Deadline for manuscript submissions

closed (5 May 2026)



## Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/si/235031](https://mdpi.com/si/235031)

*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)





# Nutrients

an Open Access Journal  
by MDPI

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)



## 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.

### 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 (IUIBS), 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

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

#### Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)