

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.

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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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