

Special Issue

Prevention and Treatment of Malnutrition and Its Complications in Chronic Kidney Disease

Message from the Guest Editors

In CKD patients, malnutrition and sarcopenia prevalence increases with disease progression, driven by shared pathophysiological mechanisms, and recent research highlights systemic inflammation and nutritional deficiencies as key contributors. Intradialytic protein losses as well as uremic toxins and increased system inflammation promote muscle protein degradation and inhibit synthesis, intensifying muscle wasting. Concurrent malnutrition, especially protein–energy wasting and inadequate calories and amino acid intake, further accelerates muscle loss. Personalized interventions, including amino acids supplementation and omega-3 fatty acids, show promise in reducing inflammation and preserving muscle mass.

This Special Issue of *Nutrients* aims to examine epidemiological relationships and therapeutic strategies, including dietary approaches (low-protein, vegetarian, and ketogenic diets), nutritional supplements, and nutritional approaches combined with lifestyle changes or pharmacological or dialytic interventions, to better manage malnutrition and/or sarcopenia in CKD patients.

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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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