

Special Issue

Nutrition Interventions for Healthy Ageing

Message from the Guest Editors

Poor nutrition status is very common in older adults and is associated with poorer health outcomes. Healthy ageing is therefore a major public health concern, particularly in the context of the global ageing of populations. There are many strategies for healthy ageing. Nutritional management during the lifecourse is one of the strongest keys to successful ageing. Nutritional interventions can take place to prevent poor health outcomes. Indeed, nutrition is probably of primary importance in older adults in order to avoid consequences of acute or chronic diseases such as infections, longer hospital stays, loss of autonomy, and increased mortality. The aim of this Special Issue is to provide an update on nutrition interventions that contribute to successful ageing. Therefore, to contribute to this Special Issue, please feel free to submit review or original articles on the influence of diet, dietary supplements, weight changes, etc., on healthy ageing. This knowledge will help to improve support and prevention strategies for older adults.

Guest Editors

Prof. Dr. Moustapha Dramé

Department of Clinical Research and Innovation, University Hospital of Martinique, 97261 Fort-de-France, French Antilles, France

Dr. Lidvine Godaert

Centre Hospitalier de Valenciennes, Valenciennes, France

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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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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

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