

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.

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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.

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