

Special Issue

Nutritional Elements of Enhanced Recovery after Surgery (ERAS) Programs: From Prehabilitation to Postoperative Recovery

Message from the Guest Editors

ERAS programs are widely used in several surgical procedures. Preoperative nutrition counseling, the optimizing of nutritional status, avoiding perioperative fasting prior to surgery, and the early introduction of nutrition postoperatively are important aspects of the ERAS pathway. The aim of this Special Issue is to update the knowledge on diet and nutrition in an ERAS setting, focusing on methods of nutritional assessment and intervention according to the different types of surgery and clinical aspects of patients. We welcome different types of manuscript submissions, including original research articles and up-to-date reviews (systematic reviews and meta-analyses).

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Deadline for manuscript submissions

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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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