

Special Issue

Nutritional Approaches and Novel Dietary Strategies to Manage Sarcopenia

Message from the Guest Editors

The increasing prevalence of malnutrition and sarcopenia among aging populations worldwide poses significant challenges to healthcare systems and affects the quality of life of affected individuals. This Special Issue aims to explore innovative nutritional interventions and dietary strategies that can effectively manage and mitigate the impacts of these conditions.

This Special Issue aims to enhance understanding of how targeted nutritional and rehabilitation interventions can improve body composition, functionality, and overall health outcomes in populations at risk of malnutrition and sarcopenia. We seek to gather a collection of papers that elucidate the role of cutting-edge dietary strategies and nutrition science in reversing muscle wasting, improving nutritional status, and contributing to better health and increased longevity. In addition, this Special Issue also welcomes reports on the risk of malnutrition and sarcopenia during and after disaster situations.

We invite submissions of various manuscripts, including original clinical research, epidemiological studies, and comprehensive reviews (scoping reviews, systematic reviews, and meta-analyses).

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Deadline for manuscript submissions

15 August 2025



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/214778

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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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