

Special Issue

Dietary Phytochemicals as a Promising Nutritional Strategy for Sarcopenia

Message from the Guest Editors

Sarcopenia, the progressive decline of skeletal muscle mass and strength/function observed during aging, increases the risk of negative health outcomes (e.g., falls, morbidity, loss of independence, disability, and mortality). Lifestyle habits have an impact on the rate of muscle loss with a large body of evidence indicating a positive effect of adapted nutrition and physical activity. The promotion of a healthy diet is indeed among the most successful strategies to counteract sarcopenia. However, studies investigating the contribution of micro- and macronutrients on muscle metabolism in old age as well as that of dietary supplements and natural bioactive compounds are sparse. This Special Issue is intended to gather contributions from basic and clinical researchers working in the field of sarcopenia to gain insights on nutritional strategies that may be harnessed to delay and/or counteract age-related muscle loss. We therefore invite you to submit your latest original research or review articles to this Special Issue.

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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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