

Special Issue

Ageing and Sarcopenia: Effect of Community and Clinical Nutrition

Message from the Guest Editor

The global population is aging at an unprecedented speed. Sarcopenia is characterized by declines in muscle mass, muscle strength, and physical performance, while sarcopenic obesity refers to the coexistence of sarcopenia and high accumulation of fat mass. Nutrition seems to have a specific impact on muscle decline, sarcopenia, and body fat either as a prevention or an intervention scheme. Manuscripts should focus on the epidemiology of muscle mass loss and sarcopenia as well as on the direct impact of specific food components, dietary patterns, energy intake, macro-nutrients, micro-nutrients, alcohol intake, food insecurity, innovative foods, as well as malnourishment and appetite to the muscle mass process across older populations. We also welcome manuscripts that focus on community and clinical nutrition intervention studies (i.e., protein diet, diet quality). In a similar way, we also welcome manuscripts that focus on the indirect effect of sarcopenia and muscle mass on the ageing and longevity process (i.e., multimorbidity, disability, well-being, and frailty).

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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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