

Special Issue

Protein Consumption and the Elderly

Message from the Guest Editor

Protein intake is pivotal in geriatric nutrition both in healthy ageing and in disease situations. Malnutrition increases mortality and morbidity, while adequate protein intake and nutrition are the basis for healthy ageing and high quality of life in adulthood and elderly populations. Ensuring an adequate amount of protein requires personalized nutritional management for the geriatric population struggling with polymorbidity and malnutrition, including both undernutrition and excessive intake of nutrients. Therefore, protein intake is important for the treatment and prevention of geriatric syndromes such as frailty, sarcopenia and osteosarcopenia, in addition to conditions such as obesity and metabolic diseases. The adequate amount of protein for elderly populations is influenced by health status and particular situations, such as acute or chronic comorbidities, dysphagia or physical activity and tolerance. We encourage submissions to enhance knowledge in the field of protein consumption in the elderly, to improve nutritional status, to prevent or manage acute and chronic disease conditions, and to improve well-being and quality of life in the geriatric population.

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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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