

## Special Issue

# Personalized Nutrition for Older Adults

### Message from the Guest Editors

Clinical and nutritional personalized practices, in elderly active and healthy aging, are key factors in maintaining general health, wellbeing, and quality of life. The health of the elderly is a delicate balance between endogenous factors such as genetics, aging, disease, and nutritional status, and exogenous factors such as environment, dietary pattern, and lifestyles. In fact, older adults frequently present several comorbidities, leading to malnutrition, sarcopenia, and frailty. In this context, personalized nutritional support of older adults with metabolic, digestive, cardiorespiratory, neurological, or other chronic disorders may be a major challenge.

This Special Issue focus on clinical and nutritional practices, in the elderly population. Welcomes original research that report new insights into the impact of clinical and nutritional practices for elder citizens. Interdisciplinary approaches are highly appreciated. In addition, interventional studies that examine associations of different factors, original pre-clinical and clinical studies, reviews, and systematic reviews will also be considered.

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### Guest Editors

Dr. Maria Alexandra Bernardo

Prof. Dr. Jorge Fonseca

Dr. Maria Leonor Silva

Dr. Alexandra Maia e Silva

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### Deadline for manuscript submissions

closed (20 April 2023)



## Nutrients

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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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### Editors-in-Chief

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