

## Special Issue

# Nutrition and Aging Addressing Specific Issues for Optimal Prevention, Screening, and Care in Older Adults

### Message from the Guest Editor

As populations age globally, optimizing health and well-being in older adults has become a critical priority. This Special Issue explores the pivotal role of nutrition in aging, focusing on how tailored dietary strategies can prevent, screen, and manage age-related conditions. It offers a comprehensive overview of the key issues related to aging and nutrition, including the impact of malnutrition, sarcopenia, and chronic diseases such as diabetes and cardiovascular conditions. We will highlight innovative approaches to nutritional interventions, particularly those aimed at improving immune function, cognitive health, and mobility in older adults. Additionally, the issue will delve into the challenges of assessing nutritional status in this demographic and the need for personalized care plans. The collection of articles also emphasizes the importance of integrating nutrition into public health policies and clinical guidelines for older adults.

### Guest Editor

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### Deadline for manuscript submissions

15 April 2026



## Nutrients

an Open Access Journal  
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Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



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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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