

Special Issue

Nutritional Status of the Older People

Message from the Guest Editors

Nutrition is a key factor in achieving prolonged healthy aging, maintaining good functionality, and delaying frailty. On the other hand, older people are a high-risk population for developing malnutrition since several risk factors for it, such as polypharmacy, comorbidity, dementia, and others, are very prevalent in these individuals. Therefore, deepening our knowledge of the relationship between nutrition and aging will help us propose personalized non-pharmacological treatments that could delay this process. The chronic and persistent pro-inflammatory state is a common element of many diseases associated with aging, and some dietary patterns such as the Mediterranean diet also have an anti-inflammatory function. Likewise, the microbiota–gut–brain interaction also seems to be a key element for explaining the relationship between health, disease, and aging. For all these reasons, we invite you to participate in this Special Issue of *Nutrients* to learn how to improve the quality of life, functionality, and survival of older people by optimizing their dietary patterns and nutritional status.

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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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