

Special Issue

Nutritional Challenges in Women From Mid- to Older Age

Message from the Guest Editor

As the result of increased life expectancy and subsequent increase in aging population, the prevalence of certain chronic conditions, including (but not limited to) osteoporosis, obesity, diabetes, cardiovascular disease, and some cancers, might reach epidemic proportions. Furthermore, it is also important to note that low-grade chronic inflammation (LGCI) increases with age and persists in older individuals, even when other illnesses are not present. Dietary factors are major contributors to many chronic diseases and to LGCI, the latter being an underlying condition of many. Typical Western-type diet, characterized by high consumption of processed foods, refined sugars, and cereals, as well as higher intake of fat with resulting high ratio of omega-6 to omega-3 polyunsaturated fatty acids, has been attributed to many of the modern-time ailments. Topics should have a clear focus on women from mid- to older age and discuss the nutritional influences in the development, prevention, and/or management of chronic diseases.

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Deadline for manuscript submissions

closed (15 February 2019)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/15925

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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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