

Special Issue

The Role of Nutritional Interventions in the Prevention and Management of Osteoarthritis

Message from the Guest Editors

In this Special Issue, we would like to focus on the effects of both diet and nutraceutical supplementation to prevent and/or manage Osteoarthritis. OA regards approximately 8–10% of the world population with ages between 60 and 64, but it can affect also younger people with heavy social–economic impact. The etiology of OA is multifactorial, and some lifestyles can be involved in the onset and progression of OA. Thus, eating habits deserve to be explored both for their harmful and beneficial effects. Manuscripts regarding diets that can be detrimental to joint structure, such as saturated fats or high-sugar foods, or diets that can have disease-fighting power versus OA, such as the Mediterranean diet, are welcome. Moreover, manuscripts on plant or herbal extracts as well as on isolated components, both in bulk and nanoparticle forms, or synthetic molecules resembling natural ones are welcome too. Discussions on the appropriateness of certain foods rather than others are particularly welcome. This Special Issue aims to shed light on the role of diet and dietary components in regulating the metabolic processes involved in the development and progression of OA.

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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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