

Special Issue

Clinical Nutrition and Hydration in Older People

Message from the Guest Editor

Older people are particularly vulnerable to malnutrition and dehydration, which can significantly affect their health and quality of life. Due to advanced age, their bodies undergo changes that can affect their ability to absorb nutrients and maintain proper hydration, leading to reduced dietary intake in combination with catabolic disease effects. Malnutrition and dehydration in the elderly often result in serious health consequences, including risk of mortality, and are considered important factors contributing to the complex etiology of sarcopenia and frailty. Preventing malnutrition and dehydration is essential to maintaining health in this vulnerable population. The aim of this Special Issue is to deliver novel insights into the risk factors associated with malnutrition and dehydration and strategies for prevention in elderly people.

Guest Editor

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Message from the Editor-in-Chief

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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