

Special Issue

Nutrition, Lifestyle and Health Outcomes in Older Adults

Message from the Guest Editor

The global population is aging rapidly. Older adults are more susceptible to chronic conditions. Nutrition and lifestyle choices play a critical role in the prevention and management of these conditions, and these are key determinants of the quality of life in older adults. Proper diet, physical activity, and social engagement can significantly enhance physical, mental, and emotional well-being, promoting healthy aging and independence. However, aging is often accompanied by physiological changes that affect nutrition (such as decreased appetite and digestive issues) and lifestyle (e.g., fewer physical activities), with malnutrition being a common concern in older adults, with this condition leading to frailty and a low body mass index (BMI). Therefore, the aim of this Special Issue is to both investigate how nutrition and lifestyle in older age affect health outcomes and address these challenges through research to improve health in older adults.

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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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