

Special Issue

Changes in Diet, Physical Activity, and Anthropometric Parameters During Aging: What to Focus On?

Message from the Guest Editors

Aging is a natural process driven by unmodifiable (i.e., genetics) and modifiable (i.e., diet, physical activity, smoking) factors. In this context, eating, physical activity and nutritional characteristics play an important role in the prevention of age-related diseases and disabling conditions. Nutritional status, body composition, fat distribution, and anthropometric measurements, in general, are strongly influenced by both diet and physical activity. Older adults have their food and physical activity habits influenced by conditions inherent to aging such as dysphagia, xerostomia, edentulism, use of multiple medicines, multimorbidity, physical disability for basic or instrumental activities of daily living and several others, which in turn are related to nutritional and body composition modifications during the aging process. Thus, this Special Issue of *Nutrients* is dedicated to focusing on how these different parameters impact health during aging and on the understanding of the influence of different conditions on their age-related changes.

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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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