

Special Issue

The Role of Diet in Menopause and Andropause

Message from the Guest Editors

With advancing age, there are many alterations in the endocrine system, which may ultimately change human physiology and body composition both in women and in men, influencing the growth of muscle and bone and regulating the metabolism. Among the factors that can modulate hormone secretion, there are diet and exercise, two of the few known lifestyle-related features that can be modified. Although limited data exist about whether dietary modifications can affect fat distribution during menopausal transition, evidence suggests that continuous and regular exercise may be more efficacious than dietary intervention and that these two determinants act synergistically for the promotion of a healthy body composition profile, characterized by the preservation of lean mass and a significant decrease in body fat. However, the physiological effects of physical activity and exercise on glucoregulatory hormones in elderly subjects are relatively understudied, and further research is necessary to elucidate whether physical exercise together with diet can act as a countermeasure to endocrinological and body composition-related modifications occurring during the process of aging.

Guest Editors

Prof. Dr. Marcello Maggio

Geriatric Clinic Unit, Department of Medicine and Surgery, University of Parma, 43126 Parma, Italy

Prof. Dr. Maurizio Muscaritoli

Department of Translational and Precision Medicine, Sapienza University, 00185 Rome, Italy

Deadline for manuscript submissions

closed (31 December 2019)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/30234

Nutrients

Editorial Office

MDPI, Grosspeteranlage 5

4052 Basel, Switzerland

Tel: +41 61 683 77 34

nutrients@mdpi.com

mdpi.com/journal/

[nutrients](https://mdpi.com/journal/nutrients)





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)



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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (UIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)