

Special Issue

Dietary Protein, Exercise and Muscle Health in an Ageing Population

Message from the Guest Editor

Advances in the nutritional science of protein have led to an increasing awareness of protein's role in health. As a macronutrient, protein plays important roles in maintaining protein function, satiety and appetite regulation, metabolic regulation, and adaptation to exercise training. In this Special Issue of *Nutrients* the critical roles of protein in various aspects of human health are explored. The reviews will provide state-of-the-science updates on dietary protein.

Guest Editor

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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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