

Special Issue

Nutrition and Bone Health

Message from the Guest Editor

Bone health diets (adequate dairy, fruits and vegetables, and whole grains), essential nutrients (calcium, vitamin D, potassium, magnesium, fiber), and bioactive foods and ingredients (prebiotics, probiotics, polyphenol-rich plant foods) have been associated with building peak bone mass early in life and reducing bone loss later in life. Recent research has explored mechanisms for their actions including modulating the gut microbiome, stimulating the immune system, directly influencing osteoblasts and osteoclasts, and modifying bone nutrient metabolism. Much of our knowledge base is in healthy, obese, and osteoporotic individuals. It is important to study a variety of populations and subgroups. We are beginning to investigate interactions between diet, environment, and special conditions on bone health including those with diabetes, energy deficiency, and gastric bypass

Guest Editor

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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.

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