

Special Issue

Nutrition and Menopause: State of the Science

Message from the Guest Editors

Menopause marks the natural end of the reproductive life span when a woman's menstrual cycle permanently ceases due to progressive ovarian failure. The age at which natural menopause occurs is 51.4 years, varies widely from 40 to 60 years, and is influenced by a variety of biologic, genetic, and lifestyle factors. In the years preceding menopause, known as the menopause transition, there are distinct hormonal changes that are associated with menopausal symptoms and physical changes that reduce a woman's overall quality of life. Metabolic effects, such as adverse lipid profiles, insulin resistance, and disturbances in energy metabolism, can lead to weight gain and the development of obesity-related conditions such as type 2 diabetes and cardiovascular disease. For this Special Issue, we invite the submission of evidencebased manuscripts, reviews, or meta-analyses that focus on the role of nutrition and dietary interventions in the menopause experience.

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Deadline for manuscript submissions

closed (28 February 2023)



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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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