

## Special Issue

# Nutrition for Older Persons' Health

### Message from the Guest Editor

Nutrition for better health in older age represents a very wide topic and deserves our scientific interest. The promotion of a sustainable healthy diet anchored in the cultural and social environment of older subjects is expected in order to lead to a better quality of life. The use of nutraceuticals to improve aging conditions is increasing, and we need scientific validation of the industry's health claims. Dietary interventions may prevent or care for low-grade inflammation, also called inflammaging associated with earlier health decline. Multimodal frailty treatments include a wide spectrum of dietary and physical exercise interventions with the aim to recover to a robust health or to decrease adverse events' rate and functional decline. Nutritional care plays an important role in frequent disease in older age, such as diabetes mellitus, cancers and organ failures, particularly renal insufficiency. Finally, malnutrition (cachexia) and sarcopenia or sarcopenic obesity may benefit from targeted nutritional strategies, including pharmaconutrition.

### Guest Editor

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## Nutrients

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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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