



Nutrition and Health for the Aging Population

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Message from the Guest Editor

Dear Colleagues,

The demographic transition with exponentially growing population of elderly people poses a great challenge to research. Age-associated metabolic dysfunction resulting in oxidative stress and inflammation is a dominant risk factor for many chronic and degenerative disorders and diseases.

The progressive increase in healthcare costs for non-communicable diseases and the increase in morbidity and mortality with advanced age can be attributed to a great extent to the lack of appropriate nutritional support and the accumulative bioenergetic burden supposed. The availability of bioenergetic resources determines the potential to adapt and survive. Nutrition constitutes a decisive factor in determining health and healthcare costs.

The development of supplementation that targets the specific needs of the elderly has been proposed to improve health by supplying sufficient macro and micronutrients. This Special Issue approaches to establish a supplementation of exceptionally high nutrient density. We aim to discuss the emerging concepts to improve nutrition and health by supplementation.





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Message from the Editor-in-Chief

As the world of science becomes ever more specialized, researchers may lose themselves in the deep forest of the ever increasing number of subfields being created. This open access journal Applied Sciences has been started to link these subfields, so researchers can cut through the forest and see the surrounding, or quite distant fields and subfields to help develop his/her own research even further with the aid of this multi-dimensional network.

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