



## Nutrition and Aging

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### Message from the Guest Editor

There is growing recognition of the importance of optimal nutrition for the delay of age-related conditions. The effects of nutritional compounds on human health may already begin in utero. Nutritional compounds have been shown to play an important role in conditions related cardiovascular health, skeletal and muscle systems, brain and nervous system, gastrointestinal tract, microbiome, skin, metabolic syndrome, to mention a few.

The focus of this Special Issue is the role of nutrition in the development and maintenance of healthy organs during the lifespan, leading to healthy aging. The aim is twofold: (i) the maintenance of normal function and (ii) the prevention of chronic conditions. Potential topics may include, but are not limited to:

- Role of nutrition in chronic conditions
- Role of the microbiome in aging
- Normal aging vs. age-related diseases
- Changes to metabolism during aging
- Changes in nutritional requirements of aging organs
- Molecular mechanisms of aging





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## Message from the Editor-in-Chief

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