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Protein, Amino Acids, and Healthspan

Guest Editors:

Dr. Jamie I. Baum

Center for Human Nutrition,
Department of Food Science,
University of Arkansas System
Division of Agriculture,
Fayetteville, AR 72704, USA

Prof. Dr. Tracy G. Anthony

Department of Nutritional
Sciences, Rutgers University, New
Brunswick, NJ 08901, USA

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Message from the Guest Editors

Dear Colleagues,

The effects of protein and amino acid intake on skeletal muscle health and function have been well-studied. However, the role dietary protein and amino acid intake play in health and longevity has not been well-defined. As we age, there exists a disconnect between lifespan, the total life lived, and healthspan, the period of life lived free from disease. Therefore, it is important to find ways to help people to live longer and healthier lives. One way to achieve this is through changes in diet. Recent research suggests that the level of dietary protein/amino acids in the diet plays a critical role in the regulation of longevity and health. Therefore, this Special Issue entitled “Dietary Protein, Amino Acids, and Healthspan” will aim to collect papers focusing on the role of dietary protein and/or amino acids in healthspan.



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Special Issue



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1. Centro de Investigación
Biomédica en Red Fisiopatología
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(CIBEROBN), Institute of Health
Carlos III, 28029 Madrid, Spain
2. Research Institute of
Biomedical and Health Sciences
(IUIBS), University of Las Palmas
de Gran Canaria, 35001 Las
Palmas, Spain
3. Preventive Medicine Service,
Centro Hospitalario Universitario
Insular Materno Infantil (CHUIMI),
Canarian Health Service, 35016
Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional
Sciences, University of
Connecticut, Storrs, CT 06269,
USA

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Message from the Editorial Board

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Contact Us

Nutrients Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

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