



The Critical Role of Nutrition in Aging-Related Hormonal Changes and Metabolic Diseases

Guest Editor:

Dr. Seong-Hee Maria Ko

Department of Food and Nutrition, College of Human Ecology, Sookmyung Women's University, Seoul 04310, Republic of Korea

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Message from the Guest Editor

Dear Colleagues,

The human body experiences various metabolic changes as aging progresses. In general, after the age of 50, whether male or female, various metabolic changes, including energy metabolism, bone metabolism, and muscle loss, tend to occur in the human body due to hormonal changes. The prevalence of metabolic diseases and osteoporosis increases after menopause in women and after age 50 in men due to hormonal changes, which can have a negative impact on health. Therefore, in order to prevent various metabolic diseases and relieve symptoms due to aging and hormonal changes, up-to-date research, including research on nutrients and food-derived compounds, dietary therapy, functional foods, epidemiological investigations, and molecular biological mechanisms, is needed.

We ask for the cooperation of researchers to contribute to improving the quality of life of mankind through nutrition.





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1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
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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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Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

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