



The Role of Nutrition on Bone Health and Skeletal Development in Older Adults

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Message from the Guest Editors

Dear Colleagues,

In recent years, as the aging population increases, the health of bone and muscle is becoming more important. When osteoporosis and sarcopenia occur in the elderly, the incidence of fractures increases, which is an important causative disease that sharply reduces the quality of life for the rest of one's life. Therefore, interest in nutrients and healthy functional foods for bone and muscle has recently increased. However, too much information and misinformation caused by corporate advertisements is often floating around the Internet. The purpose of this Special Issue is to provide readers with accurate, valuable, and up-to-date information on nutrients for bone and muscle.

As the Guest Editors of this Special Issue on “The Role of Nutrition on Bone and Skeletal Muscle Health in Older Adults”, we hope to further contribute to this fascinating area of metabolism by inviting you to submit a manuscript to *Nutrients* to improve our knowledge regarding the role of macronutrients in bone tissue function and metabolism. Experimental research, systematic and meta-analyses, and narrative reviews are welcome.





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