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Nutrition Interventions for Healthy Ageing

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Message from the Guest Editors

Dear Colleagues,

Poor nutrition status is very common in older adults and is associated with poorer health outcomes. Healthy ageing is therefore a major public health concern, particularly in the context of the global ageing of populations.

There are many strategies for healthy ageing. Nutritional management during the lifecourse is one of the strongest keys to successful ageing. Nutritional interventions can take place to prevent poor health outcomes. Indeed, nutrition is probably of primary importance in older adults in order to avoid consequences of acute or chronic diseases such as infections, longer hospital stays, loss of autonomy, and increased mortality.

The aim of this Special Issue is to provide an update on nutrition interventions that contribute to successful ageing. Therefore, to contribute to this Special Issue, please feel free to submit review or original articles on the influence of diet, dietary supplements, weight changes, etc., on healthy ageing. This knowledge will help to improve support and prevention strategies for older adults.



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