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Nutritional Elements of Enhanced Recovery after Surgery (ERAS) Programs: From Prehabilitation to Postoperative Recovery

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Message from the Guest Editors

Dear Colleagues,

ERAS programs are widely used in several surgical procedures. Preoperative nutrition counseling, the optimizing of nutritional status, avoiding perioperative fasting prior to surgery, and the early introduction of nutrition postoperatively are important aspects of the ERAS pathway.

The aim of this Special Issue is to update the knowledge on diet and nutrition in an ERAS setting, focusing on methods of nutritional assessment and intervention according to the different types of surgery and clinical aspects of patients. We welcome different types of manuscript submissions, including original research articles and up-to-date reviews (systematic reviews and meta-analyses).



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