



## Ageing and Sarcopenia: Effect of Community and Clinical Nutrition

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Deadline for manuscript submissions:  
**closed (15 April 2020)**

### Message from the Guest Editor

Dear Colleagues,

The global population is aging at an unprecedented speed. Sarcopenia is characterized by declines in muscle mass, muscle strength, and physical performance, while sarcopenic obesity refers to the coexistence of sarcopenia and high accumulation of fat mass. Nutrition seems to have a specific impact on muscle decline, sarcopenia, and body fat either as a prevention or an intervention scheme.

Manuscripts should focus on the epidemiology of muscle mass loss and sarcopenia as well as on the direct impact of specific food components, dietary patterns, energy intake, macro-nutrients, micro-nutrients, alcohol intake, food insecurity, innovative foods, as well as malnourishment and appetite to the muscle mass process across older populations. We also welcome manuscripts that focus on community and clinical nutrition intervention studies (i.e., protein diet, diet quality). In a similar way, we also welcome manuscripts that focus on the indirect effect of sarcopenia and muscle mass on the ageing and longevity process (i.e., multimorbidity, disability, well-being, and frailty).

Dr. Stefanos Tyrovolas  
*Guest Editor*





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