



The Role of Nutrition in the Prevention and Management of Chronic Diseases in Middle-Aged and Older Adults

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Message from the Guest Editors

Dear Colleagues,

Any chronic disease requires nutritional treatment. Food products are a source of many ingredients, including vitamins, microelements and amino acids needed for the synthesis of cellular proteins and biologically active compounds for the functioning of the body. The optimal diet should be adapted to the needs of the body in health and disease. Both the deficiency and the excess of many dietary compounds may adversely affect the course of chronic disease. Indication for dietary restriction or supplementation requires the careful assessment of patients' health as well as the monitoring of treatment results. The absorption and metabolism of nutrients changes with the age of patients. It also depends on changes in the digestive tract environment, especially the gut microbiota. Interaction between drugs and foods is also very important. The search for optimal methods of nutritional treatment is one of the most important tasks of clinical dietetics in patients of different ages.





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