



Nutritional Challenges in Women From Mid- to Older Age

Guest Editor:

Prof. Dr. Jasminka Ilich-Ernst
Institute for Successful Longevity,
Florida State University,
Tallahassee, FL 32306, USA

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Message from the Guest Editor

Dear Colleagues,

As the result of increased life expectancy and subsequent increase in aging population, the prevalence of certain chronic conditions, including (but not limited to) osteoporosis, obesity, diabetes, cardiovascular disease, and some cancers, might reach epidemic proportions. Furthermore, it is also important to note that low-grade chronic inflammation (LGCI) increases with age and persists in older individuals, even when other illnesses are not present. Dietary factors are major contributors to many chronic diseases and to LGCI, the latter being an underlying condition of many. Typical Western-type diet, characterized by high consumption of processed foods, refined sugars, and cereals, as well as higher intake of fat with resulting high ratio of omega-6 to omega-3 polyunsaturated fatty acids, has been attributed to many of the modern-time ailments.

Topics should have a clear focus on women from mid- to older age and discuss the nutritional influences in the development, prevention, and/or management of chronic diseases.

Prof. Jasminka Ilich-Ernst
Guest Editor





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Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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Contact Us

Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

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