



## Nutrition Role in Bone and Muscle Health

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### **Message from the Guest Editor**

As the population ages, bone and skeletal muscle problems have an increasing impact on human health. Osteoporosis and sarcopenia not only affect the health of the skeletal system, but also affect the body's motor function, inflammatory response, immune ability, etc., and thus have a wide range of effects on cardiovascular and metabolic diseases.

Among the main factors affecting bone and muscle health, nutritional/dietary factors are important modifiable factors. Nutritional factors affect bone and muscle health by providing raw materials and affecting epigenetics, oxidative stress, inflammation, and immunity. Therefore, exploring, testing, and validating the roles of nutritional factors in bone and muscle health can help us prevent and treat osteoporosis and sarcopenia.

This Special Issue will focus on the role of nutrition in bone and muscle health, mainly in human studies. The scope of the issue will include, but not be limited to, exploring and validating the risk or beneficial factors related to bone and muscle health in relation to traditional nutrients, bioactive food components, specific foods/food groups, and dietary patterns/dietary quality.





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