



Diet and Inflammation in Older Adults

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Message from the Guest Editors

During recent decades, a number of studies have pointed out that dietary behaviors have the potential to modulate the age-related progression of metabolic and inflammatory risk factors, contributing to a state of metabolic inflammation ('metaflammation'). Currently, there is a paucity of studies specifically targeting older adults, and potential differences in trajectories of metabolic inflammation progression and changes in body composition due to ethnicity, age, and biological sex are yet to be determined. Altogether, there is an urgent need to further understand the extent to which dietary behaviors impact metabolic inflammation while considering physical activity behavior in aging populations of various backgrounds. The goal of this Special Issue is to compile state-of-the-art research, including original and review contributions, elucidating the role of dietary behaviors on the metabolic and inflammatory environment in older adults. Contributions addressing regulatory mechanisms related to metaflammation, as well as circulating nutritional biomarkers, are also encouraged.





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