



Nutrition for Older Persons' Health

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Message from the Guest Editor

Dear Colleagues,

Nutrition for better health in older age represents a very wide topic and deserves our scientific interest. The promotion of a sustainable healthy diet anchored in the cultural and social environment of older subjects is expected in order to lead to a better quality of life. The use of nutraceuticals to improve aging conditions is increasing, and we need scientific validation of the industry's health claims. Dietary interventions may prevent or care for low-grade inflammation, also called inflammaging associated with earlier health decline. Multimodal frailty treatments include a wide spectrum of dietary and physical exercise interventions with the aim to recover to a robust health or to decrease adverse events' rate and functional decline. Nutritional care plays an important role in frequent disease in older age, such as diabetes mellitus, cancers and organ failures, particularly renal insufficiency. Finally, malnutrition (cachexia) and sarcopenia or sarcopenic obesity may benefit from targeted nutritional strategies, including pharmaconutrition.

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