

Special Issue

Navigating Bone Health in Post-menopausal Women: The Role of Nutrition and Lifestyle Factors

Message from the Guest Editors

The proposed Special Issue aims to explore the intricate relationship between nutrition and bone health in post-menopausal women. As women transition through menopause, they encounter hormonal fluctuations that exert a profound influence on bone density and fracture risk. Nutrition assumes a pivotal role in preserving skeletal health during this stage of life, yet comprehensive understanding of dietary factors and their implications for bone metabolism in post-menopausal women is still needed. This Special Issue will feature original research articles, reviews, and meta-analyses delving into diverse facets of nutrition and bone health among post-menopausal women. This Special Issue aims to provide valuable insights into the complex interplay between nutrition and bone health in post-menopausal women and to identify strategies for optimizing skeletal health and reducing fracture risk in this population.

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About the Journal

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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