

Special Issue

Dietary Factors in Bone Health

Message from the Guest Editor

Ageing cause an increased prevalence of chronic skeletal diseases such as osteoporosis, osteoarthritis, intervertebral disc degeneration/herniation, etc. Dietary nutrition is an essential factor for skeletal health which level is relatively easy to modify. For certain kinds of nutrients including calcium and vitamin D, adequate dietary intake helps to reduce the risk of bone diseases. While some other kinds of dietary factors, like fat and carbohydrate, have much more complexed role in bone health. It is challenging and promising to study the role of dietary factors in the degenerative bone and joint disorders, and to achieve “healthy ageing” with the adjust of dietary nutrition intake. This Special Issue entitled “Dietary Factors in Bone Health of Elderly” aims to highlight the importance of dietary factors of bone health in ageing, including osteoporosis, osteoarthritis, intervertebral disc degeneration and other kinds of bone health issue. Original research, case report, reviews and meta-analyses focusing on dietary nutrients and bone disorders in ageing are welcome for this Special Issue.

Guest Editor

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Deadline for manuscript submissions

closed (31 October 2022)



Nutrients

an Open Access Journal
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Impact Factor 4.8
CiteScore 9.2
Indexed in PubMed



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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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