1. Record Nr. UNINA9910557518403321 Autore Cesari Matteo Titolo Nutrition for Musculoskeletal Health Pubbl/distr/stampa Basel, Switzerland, : MDPI - Multidisciplinary Digital Publishing Institute, 2020 Descrizione fisica 1 electronic resource (168 p.) Soggetti Research & information: general Biology, life sciences Food & society Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia The maintenance of optimal musculoskeletal health is increasingly Sommario/riassunto recognized as a key element for promoting overall health and fostering independent living in advanced age. Growing evidence indicates that nutrition, together with an active lifestyle, plays a central role in supporting musculoskeletal health both aging and in the setting of specific disease conditions. This Special Issue of Nutrients, entitled "Nutrition for Musculoskeletal Health", includes original research and review contributions highlighting the relevance of nutrition to musculoskeletal health during aging and in the context of specific diseases. The overarching theme of the Special Issue is addressed through a multidisciplinary set of articles embracing clinical, basic

science, and translational studies.