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Sommario/riassunto	Proper nutrition, weight, and exercise have all been strongly linked to improved health and longevity among the elderly. This timely volume presents the latest medical research on nutrition and its impact on healthy aging in a variety of older populations and in a range of care settings. Topics include the diagnosis and management of protein undernutrition; psychological and social factors in weight loss; the effects of vitamins and exercise on aging; and more. This volume will appeal to geriatricians, geriatric researchers and academics, as well as to other health professionals concerned with

