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Special Issue Reprint

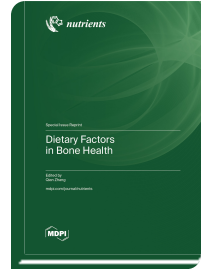
Dietary Factors in Bone Health

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Ageing induces an increased prevalence of chronic skeletal diseases such as osteoporosis, osteoarthritis, and intervertebral disc degeneration/herniation. Dietary nutrition is an essential factor for skeletal health, the level of which 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. That said, some other kinds of dietary constituents, like fat and carbohydrates, play a much more complex role in bone health. It is both challenging and promising to study the role of dietary factors in degenerative bone and joint disorders, and to achieve “healthy ageing” with the adjustment of dietary nutrition. This Special Issue, entitled “Dietary Factors in Bone Health”, highlights the importance of dietary factors for bone health, including both basic and clinical studies. The papers collected in this Special Issue focus on the effects of calcium, vitamin D, vitamin K, and polyphenols, as well as other nutritional factors, on bone health around the world, providing the latest understanding in the development of the field.



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