



## The Department of Nutritional Sciences Fall 2023 Seminar Series

### "Optimizing Diet for Frailty Prevention"

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Host: Sue Shapses, Ph.D., R.D.  
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**Wednesday, November 15, 2023 @ 2:15 PM**  
**FSNS Building, 65 Dudley Road, New Brunswick, Room 120**



<https://go.rutgers.edu/Sahni-Seminar>

Although the role of nutritional deficiency in the development of age-related frailty was suggested long ago, research conducted in this area is relatively recent. Nutritional deficiencies are common in older adults and related with multiple poor health outcomes. Thus, poor nutritional status and related systemic inflammation either contributes to causing frailty or exacerbates existing factors or stressors. Importance of dietary protein, diet quality, and reduction of dietary inflammation for frailty prevention will be highlighted and research challenges will be identified.