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Body composition: where and when

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HIGHLIGHTS

- Body composition is in a dynamic state influenced by external and internal stimuli
- Different body fat depots associate with specific profiles of cardio-metabolic risk
- Seasonal variations of adipose depots impact body composition in health and disease

Abstract

The *in vivo* evaluation of body composition is essential in many clinical investigations, in order to accurately describe and monitor the nutritional status of a range of medical conditions and physiological processes, including sick and malnourished patients, pregnant women, breastfeeding women and the elderly, as well as in patients with cancer, osteoporosis and many other diseases. This

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