



## Diet and Nutrients in Asthma and Allergic Disorders

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### Message from the Guest Editors

The prevalence of asthma and allergic disorders has been increasing dramatically during the last few decades, especially among Western and Westernized societies. One of the many proposed explanations for this trend is the change in dietary habits. Diet and nutrients seem to have a key role in the modulation of the immune system and are considered a modifiable risk factor for asthma and allergic disorders.

The numerous nutrients and secondary metabolites of diet can influence various metabolic and immune responses and have a great impact on physiology and immune system homeostasis. A pivotal player in these complex processes is the gut microbiome, as its microbes are responsible for the production of various metabolites that have a key impact on the immune system modulation and activity. Understanding the immunological role of diet and nutrients is crucial in establishing healthy dietary habits to prevent the development of asthma and allergic disorders and may even guide the generation of new therapeutics that target critical molecular pathways.





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