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Nutrition in Cystic Fibrosis

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Message from the Guest Editor

Cystic fibrosis (CF) is a multisystemic heterogeneous disease affecting the lungs, pancreas, liver, intestine, sweat glands, and reproductive tract. Several studies have indicated that maintaining a good nutritional status is critical to the long-term survival of CF patients. There is an urgent need for evidence-based recommendations on the nutrient composition of the diet, in consideration of the increasing prevalence of fat-free mass depletion as well as overweight, diabetes, and the potential effects of different fatty acids on inflammation and immune response. In this issue of *Nutrients* dedicated to Nutrition in CF, the more controversial issues related to the “CF diet” will be examined, with particular regard to optimal macronutrient intake and essential fatty acid supplementation. A few clinical complications, such as sarcopenia and osteoporosis, are increasingly seen in CF patients and are at least in part related to malnutrition. The nutritional effects of CFTR modulators are the focus of increasing interest and will be reviewed with particular attention to physioetiological mechanisms.



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Special Issue



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