



Nutritional Pearls and Pitfalls of Gastrointestinal Diseases

Guest Editor:

Prof. Massimo Bellini

Gastrointestinal Unit–
Department of Translational
Sciences and New Technologies
in Medicine and Surgery,
University of Pisa, 56124 Pisa,
Italy

Deadline for manuscript
submissions:
closed (31 March 2021)

Message from the Guest Editor

Dear Colleagues,

In recent years the nutritional approach to gastrointestinal diseases has gained a renewed and increasing popularity among both health care professionals and patients. Unfortunately, people usually tend to overestimate the positive effects of some compounds contained in food and/or underestimate the possible metabolic interaction of foods with the drugs they are currently taking. Moreover, many patients go on a diet, even purely on the basis of a personal whim or, even worse, following the suggestions of friends and relatives. This is usually done without any expert supervision regarding the diet's nutritional adequacy and therapeutic efficacy.

The aims of this Special Issue are to analyze the actual facts and the false beliefs regarding the possible positive and negative impacts of food and, in general, of the dietary approach to many different gastrointestinal diseases. It will hopefully be able to help physicians and, in general, health care professionals to detect false opinions and misconceptions, and suggesting a more correct and healthier nutritional approach on the basis of scientific evidence.

Prof. Massimo Bellini

Guest Editor





an Open Access Journal by MDPI

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank: JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)

Contact Us

Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/nutrients
nutrients@mdpi.com
X@Nutrients_MDPI