

Special Issue

Featured Reviews on Infant Nutrition and Allergic Disease

Message from the Guest Editors

A nutritional approach represents an important step in food allergy management, with the aim of satisfying the needs of macro- and micronutrients, while maintaining a well-balanced diet. Besides the traditional approach, which involves avoiding the harmful foods, a novel paradigm shift is currently under way with the spread of oral tolerance induction as a concept in allergy therapy. In recent years, the dietary management of allergic diseases has thus moved from a passive approach, consisting of an elimination diet to relieve symptoms, to a “proactive” one, with the possibility of actively modulating the immune system by dietary intervention.

The purpose of this Special Issue of *Nutrients* is to provide an overview of how nutrition may impact allergic diseases. More specifically, this Special Issue addresses how dietary factors, a varied diet, and dietary patterns may affect allergic outcomes. The importance of supplying adequate dietary intake in managing food allergies is also highlighted. Furthermore, the recent developments in actively managing and treating food allergies are summarized.

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About the Journal

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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