

Special Issue

Nutritional and Clinical Approaches Across the Spectrum of Gluten-Related Disorders

Message from the Guest Editors

Gluten-related disorders, including celiac disease, non-celiac gluten sensitivity and wheat allergy, comprise a heterogeneous spectrum with clinical phenotypes and nutritional challenges that require responses beyond the traditional gluten-free diet (GFD) paradigm. Despite widespread GFD prescription, many patients present persistent micronutrient deficiencies, suboptimal dietary patterns, altered body composition, ongoing symptoms and gut microbiota alterations.

We particularly welcome original research and high-quality reviews that: (i) apply advanced tools (e.g., omics-based profiling, microbiome analyses, body composition techniques and digital dietary assessment) to refine risk stratification and follow-up; (ii) explore the interplay between nutritional status, immune and metabolic responses and symptom burden; and (iii) develop or test structured, evidence-based algorithms for monitoring and optimizing nutritional and clinical care. By prioritizing mechanistically informed and clinically translatable work, this Special Issue seeks to move beyond generic or incremental contributions to improve long-term health and quality of life in individuals with gluten-related disorders.

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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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