

Special Issue

Nutrition and Cystic Fibrosis in Children

Message from the Guest Editor

Cystic Fibrosis (CF) is an autosomal dominant genetic disorder that impacts approximately 105,000 persons in 94 countries throughout the world. The classic presentation of CF remains that of malnutrition, lung disease, and pancreatic insufficiency. Malnutrition was one of the early targets of therapy and focused on a high-fat, high-calorie diet based on a pivotal study in the 1970s comparing the nutritional management practices of two centers in Toronto and Boston. Since then, many treatments have been developed to decrease morbidity and mortality in CF including CFTR modulators which aid in folding and stabilizing the CFTR protein. New highly effective modulator therapy (HEMT) has shown a significant improvement in weight gain due to an improvement in whole-body inflammation, decreased resting energy expenditure, and improvements in malabsorption. The impact of HEMT along with the recognition of more than 2000 mutations with variable clinical presentations is creating new challenges for clinicians. This Special Issue aims to collect manuscripts focusing on the change in the traditional approach to nutritional therapy, unveiling the importance for personalized medicine in CF.

Guest Editor

Dr. Meghana Nitin Sathe

Division of Pediatric Gastroenterology and Nutrition, Children's Medical Center Dallas, University of Texas Southwestern, Dallas, TX 75235, USA

Deadline for manuscript submissions

5 November 2025



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/214394

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)



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.

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 (UIBS), 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)