

Special Issue

Precise Nutrition Therapy to Inflammatory Bowel Diseases

Message from the Guest Editor

Nutritional deficiencies are common in patients with inflammatory bowel disease (IBD). However, the potential of precise nutrition therapy to prevent and treat malnutrition and intestinal failure in IBD, particularly in Crohn's disease, offers a hopeful outlook. The increased requirements of energy and protein, especially in young children and adolescents with retarded growth, underscore the importance of this approach. Recent studies have provided insights into the efficacy of dietary interventions, such as exclusive or partial enteral or parenteral nutrition combined with oral feeding if possible. The nutrition therapy should include all required nutrients and functional bioactive compounds to maintain remission in IBD, especially in severe Crohn's disease. Although not all the underlying mechanisms are known in the pathology of IBD, there is some evidence regarding medical nutritional therapy in this group of patients. Understanding the nutrient requirements for patients with IBD is crucial. It not only informs our approach to nutritional therapy, but also guides our research into novel immune-modulatory compounds in safe doses.

Guest Editor

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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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