

Special Issue

Nutritional Approaches in Autism and Related Disorders

Message from the Guest Editor

Nutrition plays a pivotal role in neurodevelopment and overall outcomes in autism spectrum disorder and related neurodevelopmental conditions. This Special Issue of *Nutrients* presents recent advances in the understanding of how nutritional status, vitamin deficiencies and availability, dietary patterns, and specific nutrients influence the diagnosis and treatment of these increasingly prevalent disorders. Contributors address the complex interplay between genetic, metabolic, and environmental factors in shaping neurodevelopment and highlight emerging evidence linking nutrition to behavioral outcomes, cognitive function, and symptom modulation. The Special Issues explores diagnostic challenges, including nutritional deficiencies and gastrointestinal comorbidities, and evaluates the efficacy and safety of dietary interventions and supplementation strategies. By fostering interdisciplinary dialog among clinicians, researchers, and nutrition experts, this Special Issue underscores the importance of personalized, evidence-based nutritional approaches in optimizing care and improving quality of life for autistic individuals and those with other neurodevelopmental disorders.

Guest Editor

Dr. George Ayoub

Psychology Department, Santa Barbara City College, Santa Barbara, CA 93109, USA

Deadline for manuscript submissions

25 February 2026



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/251416

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)