

Special Issue

Dietary Strategies and Nutritional Therapies in Gastrointestinal Disease Management

Message from the Guest Editor

Diet plays a crucial role in maintaining gastrointestinal (GI) health and affecting the management of various GI diseases. Dietary choices can significantly impact disease onset, progression and symptom severity of a variety of conditions ranging from inflammatory bowel disease (IBD) to disorders of the gut-brain interaction (DGBI) (one of the prototype phenotypes is irritable bowel syndrome, IBS) and gastroesophageal reflux disease (GERD). This special issue explores the complex interactions between nutrition and the digestive system, highlighting the latest research on dietary interventions, gut microbiota modulation, and the role of specific nutrients in GI disorders. We welcome original research articles, systematic reviews, and clinical studies investigating the role of diet and supplementation in gastrointestinal diseases, including the effects of probiotics, prebiotics, supplements, elimination diets, and novel nutritional therapies. Contributions are encouraged to address the molecular mechanisms linking diet, gut health, and personalized dietary approaches based on preclinical studies, microbiome profiling, and metabolomic techniques.

Guest Editor

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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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