

Special Issue

Food Intake and Inflammatory Bowel Disease

Message from the Guest Editor

Inflammatory Bowel Disease (IBD), encompassing Crohn's disease and ulcerative colitis, is a chronic condition characterized by persistent inflammation of the gastrointestinal tract. Its prevalence has been rising globally, with dietary factors playing a significant role in its pathogenesis and progression. Dietary patterns, including high-fat, low-fiber, and processed food intake, have been associated with an increased risk of developing IBD. Conversely, diets rich in fiber, fruits, and vegetables may offer protective effects. Additionally, emerging research suggests that specific dietary interventions, such as elimination diets, may influence disease activity and patient outcomes. This Special Issue aims to explore the intricate relationship between food intake and IBD, highlighting how dietary components affect disease mechanisms, gut microbiota, and clinical outcomes. By compiling diverse research perspectives, we seek to provide comprehensive insights into dietary strategies for IBD management and prevention.

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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