

Special Issue

Effects of a Gluten-Free Diet and a Low-FODMAP Diet on Irritable Bowel Syndrome

Message from the Guest Editors

Irritable bowel syndrome (IBS) is a functional gastrointestinal disorder (FGID), of which the prevalence has widely increased within the pediatric population over the past two decades. Most IBS patients report gastrointestinal (GI) symptoms in relation with food consumption, although a cause–effect relationship between the ingestion of a specific food and the onset of symptoms is often difficult to prove, particularly in children. In the absence of reliable diagnostic tests, empirical dietary regimes that employ restrictions of certain foods are often indicated in the absence of a proven alternative diagnosis, including celiac disease, malabsorption or food allergies. Therefore, it is of great importance to have a deep understanding of the evidence behind each dietary recommendation given to children in order to design personalized treatment plans. The aim of this Special Issue is to provide an update on the state of the art of the role of diet in the context of IBS, with a particular focus on evidence that supports or discourages a gluten-free diet and/or a low-FODMAP diet in children and adults with IBS.

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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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