

Special Issue

Featured Reviews on Nutrition to Optimise Human Health

Message from the Guest Editor

In recent years, numerous animal and human studies have been conducted into the influence of different types of nutritional interventions on the onset/prevention of these gastrointestinal chronic diseases. New research has also shed light on dietary strategies to alleviate gastrointestinal disorders, restore healthy gastrointestinal conditions and/or optimize pharmacological/oncological treatments. Various nutritional patterns and dietary factors, such as low-FODMAP diets, ketogenic or plant-based diets, nutraceuticals, functional foods, novel foods, bioactive compounds, and prebiotics have been recently explored. This Special Issue aims to describe the state of the art of these topics in order to provide nutritional dietary guidelines for the prevention and treatment of these chronic gastrointestinal diseases. We invite clinicians and researchers to submit systematic reviews, meta-analyses, or relevant narrative reviews to this Special Issue of *Nutrients* entitled “Featured Reviews on Nutrition to Optimise Gastrointestinal Health”.

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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