

Special Issue

Dietary Components and the Immune System: Nutritional and Allergenic Perspectives

Message from the Guest Editor

Plant-derived foods, such as nuts, soy, legumes, wheat, and certain fruits, may contain proteins that trigger immune responses in sensitive individuals. These allergic reactions can range from mild symptoms, such as hives and gastrointestinal upset, to severe anaphylaxis. Studying allergenic proteins in plant foods is critical to understanding food allergies, which affect a large portion of the global population. The study of specific allergenic proteins helps to identify and characterize the mechanisms behind these immune responses. Understanding these allergenic proteins is essential for developing effective food allergy prevention strategies, which will benefit the development of hypoallergenic foods and more accurate labeling practices.

For this Special Issue, we are encouraging the submission of manuscripts that focus on the effects plant-based foods have on allergic reactions and their role in diet. We are highly interested and encourage submissions related to mechanistic insights into the effects of proteins and allergens in plant-based foods on human health.

Guest Editor

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Deadline for manuscript submissions

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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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