

## Special Issue

# Anti-Inflammatory Diet and Chronic Disease

### Message from the Guest Editors

Low-grade chronic inflammation triggers unequivocal reactions and the manifestation of various chronic diseases. Since nutrients influence microbiota and components of the immune system, the essential principle of an anti-inflammatory diet is to induce the production of molecules that counteract oxidative stress and pro-inflammatory factors. Currently, multiple studies indicate that vegetables, fruits, and other natural sources rich in bioactive compounds are able to modulate inflammatory pathways through a wide range of biological functions and consequently mitigate the development and progression of chronic diseases. This Special Issue, aims to present high-quality research that explores mechanistic processes and the effects of nutritional status, dietary patterns, and food bioactivities on systemic inflammation, immune cell populations, and lymphoid tissues, as well as their associations with the pathogenesis of infectious and chronic diseases. The in-depth study of interactions between natural compounds and inflammatory processes is fundamental in promoting integrated food advice for the effective achievement of new preventive and therapeutic strategies.

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### Deadline for manuscript submissions

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## Nutrients

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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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