

## Special Issue

# Diet Management in Celiac Disease and Complications

### Message from the Guest Editor

Celiac disease (CD) is a chronic autoimmune disorder requiring lifelong adherence to a strict gluten-free diet (GFD), currently the only effective treatment. While essential for managing CD, a GFD may lead to nutritional imbalances, as many gluten-free products are highly processed and often low in fiber, iron, and B vitamins, while being high in sugars and fats. These imbalances can worsen deficiencies and contribute to metabolic complications. Moreover, excessive intake of refined sugars and fats may disrupt the gut microbiota, leading to dysbiosis—a condition increasingly associated with gastrointestinal symptoms and functional disorders in CD. Emerging research underscores the role of the gut microbiome in immune regulation and intestinal barrier function. Dietary composition is key to microbiota health, and beyond the low-FODMAP diet, anti-inflammatory dietary approaches show promise in restoring microbial balance and reducing gut inflammation. This Special Issue invites contributions exploring CD-related nutritional deficiencies, gut microbiota, gastrointestinal complications, and novel dietary or pharmacological interventions to improve patient outcomes.

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### Deadline for manuscript submissions

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## Nutrients

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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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