

Special Issue

Dietary Interventions for Immune Diseases

Message from the Guest Editors

Foods are considered friends and foes of several immune diseases occurring at the pediatric age. The therapeutical role of specific diets is well known for several pediatric immune diseases, including allergic and endocrine disorders, such as food allergy, inflammatory bowel diseases, coeliac disease, eosinophilic esophagitis, obesity, diabetes, polycystic ovary syndrome, and metabolic syndrome. Foods are key factors influencing the correct development of gut microbiota and microbiome balance—and thus the immune system—since the first day of life. For these reasons, evidence has demonstrated that some foods might also play a preventive role in the development of several immune diseases.

The overall aim of this Special Issue is to describe the pivotal role of dietary interventions for most common pediatric immune diseases; understand the mechanism(s) whereby diet can prevent or treat these diseases; analyze potential limitations or complications related to food-elimination diets, and identify current gaps in the area of research.

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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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