

# Special Issue

## Effects of Diets and Nutrients on Immunity

### Message from the Guest Editors

Diets and nutrients play critical roles in shaping human health and diseases. These diseases are often underpinned by dysregulated immune responses. This Special Issue seeks to deepen our understanding of how dietary patterns and individual foods and nutrients regulate immunity, an intricate system that underlies both normal physiological functions and the development of diseases.

Diets and nutrients exert immunomodulatory effects via multiple mechanisms. These are mediated by either direct actions on immune cells, such as reprogramming their immunometabolic landscape, or via indirect impacts, including modifying the gut microbiome.

For this Special Issue, we invite research that examines the influences of specific diets, foods, dietary nutrients and dietary supplements on the immune system and immune-related diseases, as well as their potential implications in disease interventions and/or prevention. This issue will provide novel insights valuable to researchers, medical practitioners and the general public, informing future research directions, clinical practice and public health policy conception.

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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.

### Editors-in-Chief

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