

Special Issue

Diet in the Pathogenesis and Management of Inflammatory Bowel Disease

Message from the Guest Editors

Inflammatory bowel disease (IBD) presents a significant global health burden with profound impacts on patient quality of life. Nutrition can modulate gut microbiota, immune responses, and intestinal permeability, thereby influencing disease susceptibility and activity. This Special Issue invites original research articles and high-quality reviews exploring the relationship between diet, nutrition, and IBD, addressing a wide range of topics, including the following:

- The influence of dietary patterns, specific nutrients, and food components on IBD onset and progression.
- The impact of diet on gut microbiota composition and function in IBD.
- Mechanistic studies on dietary modulation of intestinal inflammation.
- Evidence-based dietary interventions for IBD management, including exclusion diets and enteral nutrition.
- The role of food additives, ultra-processed foods, and environmental factors in IBD.
- Nutritional deficiencies and supplementation strategies in IBD.
- Patient perspectives on dietary modifications and adherence to dietary therapies.

Guest Editors

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Dr. Konstantinos Argiriou

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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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