

Special Issue

Nutrition and Immune Modulation in Autoimmune Diseases

Message from the Guest Editors

Autoimmune diseases are extremely heterogeneous in terms of frequency, clinical manifestations and pathogenic mechanisms. Diet plays a pivotal role in influencing the course of autoimmune diseases by directly affecting immune system function and inflammation. Taking into account the vast heterogeneity of autoimmune diseases with regard to etiopathogenic mechanisms, clinical phenotype and disease progression, as well as the response to applied drugs, there is a critical need to individualize health care and therapeutic approach. As tailored dietary interventions can significantly reduce symptoms and improve quality of life, the current Special Issue aims to direct attention to the complex interplay between nutrients, lifestyle and immunological and inflammatory factors to offer more comprehensive and effective care, enhancing both clinical outcomes and the overall quality of life for individuals suffering from autoimmune conditions.

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Prof. Dr. Ewa Stachowska

Deadline for manuscript submissions

25 April 2026



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/252816

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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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