

## Special Issue

# Nutritional Immunomodulation in Chronic Inflammatory Diseases

### Message from the Guest Editor

Nutritional immunomodulation refers to the influence of specific nutrients and dietary patterns on the immune system's function and inflammatory responses. In chronic inflammatory diseases—such as rheumatoid arthritis, inflammatory bowel disease, and metabolic syndrome—diet plays a crucial role in modulating immune activity and disease progression. Certain nutrients, including short-chain fatty acids, omega-3 fatty acids, vitamins D and E, polyphenols, and dietary fiber, have been shown to exert anti-inflammatory effects by regulating cytokine production, oxidative stress, and gut microbiota composition. Conversely, diets high in saturated fats, sugars, and ultra-processed foods may promote inflammation. Therefore, the goal of this Special Issue is understanding the interaction between nutrition and immune function to try and provide valuable insights for developing dietary strategies to prevent or manage chronic inflammatory conditions.

### Guest Editor

Dr. Flávio Aimbire Soares de Carvalho

Institute of Science and Technology, Federal University of São Paulo,  
São José dos Campos 12231-280, Brazil

### Deadline for manuscript submissions

15 January 2026



## Nutrients

an Open Access Journal  
by MDPI

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/si/244452](https://mdpi.com/si/244452)

*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)





# Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)



## 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

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (UIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

#### Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)