

## Special Issue

# The Role of Western Diet and Lifestyles on Inflammatory Diseases: Emerging Strategies from Prevention to Treatment

### Message from the Guest Editor

Western diet (WD) has been found to have a negative impact on health through innumerable mechanisms, mainly related to (a) immune system activation via macrophage proliferation and inflammasome activation; (b) gene crosstalk with nutrients and bioactive molecules from the diet and epigenetic modulation; (c) body composition changes conducive of adipogenesis and exacerbation of inflammatory status; and (d) gut microbiota/metabolite modifications. WD is, therefore, linked to an increased prevalence of metabolic disorders, such as obesity, adipose hypertrophy, cardiovascular diseases, cancer, diabetes, neuroinflammation, allergies, and joint diseases, among others. The aim of this Special Issue is to gather the latest research on this topic that comprehensively shed light on the mechanisms by which WD increases the prevalence of these conditions. Additionally, manuscripts should entail potential approaches suggested to tackle these diseases and mitigate symptoms in relation to (1) intake modulation; (2) gene-diet interactions; (3) alteration/restoration of the gut microbiota; and (4) dietary-related metabolites impacting immune regulation, glucose, lipid, and aminoacidic homeostasis.

---

### Guest Editor

Dr. Marta Correia

CBQF—Centro de Biotecnologia e Química Fina, Laboratório Associado, Escola Superior de Biotecnologia, Universidade Católica Portuguesa, Rua Diogo Botelho 1327, 4169-005 Porto, Portugal

---

### Deadline for manuscript submissions

closed (15 April 2023)



## Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/si/138554](https://mdpi.com/si/138554)

*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 (IUIBS), 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)