

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

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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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