

Special Issue

Inflammatory Bowel Diseases (IBDs) and Diet: New Highlights and Triggers

Message from the Guest Editors

Inflammatory bowel diseases (IBDs), including Crohn's disease (CD) and ulcerative colitis (UC), are characterized by chronic inflammation of the gastrointestinal (GI) tract. The nutritional management of IBD patients includes several dietetic plans that lead patients to exclude various food categories. In adults, these strategies may have low adherence and a negative influence on quality of life. While there is no one-size-fits-all diet in most cases, the dietetic intervention is personalized. The objective of nutritional intervention is to prevent nutritional deficiencies, improve body composition and ameliorate the quality of life of IBD patients. Furthermore, both nutrition and nutritional intervention could have a potential therapeutic role in preventing active disease flare-ups or decreasing the incidence of postoperative complications.

This Special Issue aims to update the knowledge on diet and nutrition in adults with IBDs, focusing on dietary strategies according to the different clinical aspects of the disease. We welcome different types of manuscript submissions, including original research articles and up-to-date reviews (systematic reviews and meta-analyses).

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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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