

Special Issue

Dietary Intake and Gluten-Associated Disease

Message from the Guest Editor

In recent years, the influence of diet on the occurrence and treatment of many diseases has become more and more apparent. In particular, the effect of gluten on health has been increasingly studied, both clinically and scientifically. The following Special Issue discusses the effect of gluten and gluten-associated proteins, such as amylase trypsin inhibitors (ATI), as well as food groups such as FODMAPs on the intestinal mucosa. The association of gluten consumption and irritable bowel syndrome (IBS) will be elucidated and the influence of fructans will be discussed. Recent data in gluten-sensitive patients have shown that a gluten-free diet positively influences the inflammation in the small intestine. The FODMAP-reduced diet appears to be less effective in treating the symptoms in gluten-sensitivity compared to irritable bowel syndrome. The elimination of gluten from the diet seems to be rather easy to manage in the Western world because of the availability of gluten-free pseudocereals such as millet, amaranth, quinoa, and buckwheat, in addition to many commercially available gluten-free products.

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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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