

## Special Issue

# Dietary Management and Lactose Intolerance

### Message from the Guest Editor

Lactose intolerance (LI) is characterized mainly by the presence of gastrointestinal symptoms, due to the colonic fermentation of lactose not absorbed by lactase enzyme deficiency. The best technique for its diagnosis is still under discussion. It is important to know that it could be implicated in symptoms of gastrointestinal functional disorders. Some individuals with LI do not present symptoms after the milk consumption and, mainly of dairy products. In addition, the intestinal microbiota could modify the symptoms. So the modulation of this with probiotics, could be a possibility of treatment. Lactase persistence is one of the clearest examples of niche construction and possible gene-nutrient interaction and how particular genotypes can influence food intolerances. A better knowledge of the prevalence of LI, its clinical implications, its diagnostic techniques, nutritional recommendations and possible treatments will be of great help.

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### Deadline for manuscript submissions

closed (15 December 2020)



## Nutrients

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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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