Special Issue

Nutritional Intervention and Healthy Lifestyle for Children with Cystic Fibrosis

Message from the Guest Editor

Cystic fibrosis (CF) is a chronic, genetic, autosomal recessive disease caused by CFTR chloride channel dysfunction, primarily affecting the respiratory and gastrointestinal systems. Digestive and malabsorption disorders significantly impact children's nutritional status, making nutritional intervention a key pillar of treatment alongside pharmacotherapy, physiotherapy, and physical activity. Nutritional status closely correlates with prognosis. For underweight or growth-impaired children, high-calorie supplements or enteral feeding may be required. The advent of CFTR modulators has improved appetite, weight, and reduced energy needs for some patients, necessitating individualized dietary adjustments and enzyme dosing. Promoting healthy lifestyles and delivering tailored multidisciplinary care—combining dietary, psychological, physiotherapy, and medical support—are essential. In the era of new therapies, nutritional recommendations must adapt to the evolving clinical profile.

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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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