

Special Issue

Nutritional Intervention and Healthy Lifestyle for Children with Cystic Fibrosis

Message from the Guest Editor

Cystic fibrosis (CF) is a chronic inherited disease caused by dysfunction of the CFTR chloride channel, affecting multiple organs, especially the respiratory and gastrointestinal systems. Digestive complications and malabsorption often impair nutritional status in children, making nutrition a key component of treatment alongside pharmacotherapy, physiotherapy, and physical activity. Nutritional status is closely linked to disease progression and long-term outcomes, and interventions ranging from high-calorie supplementation to enteral feeding may be required. The introduction of CFTR modulators is transforming clinical care, with many patients showing improved appetite, weight gain, and reduced energy needs, requiring individualized dietary and enzyme adjustments. In this evolving therapeutic era, multidisciplinary management integrating nutritional, medical, physiotherapeutic, and psychological support is essential to improve prognosis and quality of life.

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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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