

## Special Issue

# The Nutritional Management of Food Allergy in Children

### Message from the Guest Editor

Food allergies (FAs) in children not only necessitate the strict avoidance of known allergens but also place a significant burden on caregivers to manage children's diets effectively. Nutritional deficiencies are particularly alarming during the pivotal growth and developmental stages of a child's life and may impact immune function and the gut microbiome. While the debate continues on how FAs may affect physical growth, the consensus is clear on one idea: the management of optimal nutrition and a high-quality diet for children with FA requires substantially more effort from parents than is necessary for children without allergies. Consequently, it is crucial to research various methodologies that allow children with FA to not only avoid allergens but also enjoy high-quality meals. Furthermore, it is essential to investigate whether there are specific nutritional or dietary patterns that could aid in developing immune tolerance. This Special Issue aims to shed light on these issues, offering insights and guidance to support families navigating this complex challenge.

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### Deadline for manuscript submissions

closed (15 June 2025)



## Nutrients

an Open Access Journal  
by MDPI

Impact Factor 5.0  
CiteScore 10.2  
Indexed in PubMed



[mdpi.com/si/204082](https://mdpi.com/si/204082)

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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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