

Special Issue

The Impact of Dietary Patterns on Inflammation, Allergies, and Gut Health

Message from the Guest Editor

Nutrition plays a critical role in modulating gut health by influencing the gut microbiota, which plays a central role in digestion and immune function.

A diet rich in dietary fiber—which is found in fruits, vegetables, legumes, and whole grains—supports the growth of beneficial microbes, promoting the production of short-chain fatty acids (SCFAs) such as butyrate.

SCFAs enhance gut barrier integrity, reduce inflammation, and provide energy to colonic cells. Conversely, diets high in processed foods, sugars, and unhealthy fats can lead to dysbiosis and digestive disorders.

Furthermore, conditions such as irritable bowel syndrome (IBS), inflammatory bowel disease (IBD), celiac disease, and metabolic dysfunction-associated steatotic liver disease (MASLD) can be alleviated through targeted nutritional interventions. Additionally, it is known that certain dietary changes can help restore microbial balance, improve immune function, and alleviate symptoms of gastrointestinal disorders.

Thus, tailored nutrition is essential in managing and preventing these conditions and promoting gut health and overall wellbeing.

Guest Editor

Dr. Corina Pienar

Department of Pediatrics, "Victor Babes" University of Medicine and Pharmacy, Timisoara, Romania

Deadline for manuscript submissions

20 November 2025



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/224784

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)



About the Journal

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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (UIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)