

## 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.

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## 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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