

Special Issue

Dietary Strategies for Genetic Disorder Patients

Message from the Guest Editor

Nutrition plays a crucial role in managing various genetic disorders by offering a non-invasive, personalized approach to improving health outcomes. Conditions such as phenylketonuria (PKU), galactosemia, maple syrup urine disease (MSUD), and familial hypercholesterolemia require specific dietary strategies to prevent serious complications. Advances in genomics now allow for more precise, individualized nutrition plans that support symptom management and healthy development. Beyond metabolic disorders, genetic syndromes like Down syndrome, Prader-Willi syndrome, and Williams syndrome also benefit from tailored nutritional support. These conditions often involve challenges such as feeding difficulties, obesity risk, and nutrient deficiencies. A syndrome-specific dietary approach can improve quality of life and overall health. This Special Issue focuses on the intersection of genetics and nutrition, presenting evidence-based dietary strategies to enhance care for individuals with genetic conditions.

Guest Editor

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Deadline for manuscript submissions

25 February 2026



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/249158

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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.

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