

Special Issue

Personalized Nutrition and Emerging Dietary Approaches in Inflammatory Bowel Disease

Message from the Guest Editor

Adequate nutrition and diet play a crucial role in managing inflammatory bowel disease (IBD), including Crohn's disease and ulcerative colitis, in both children and adults. Recent advances have highlighted diet not only as a supportive measure but also as a potential therapeutic tool. Specific dietary interventions, such as exclusive enteral nutrition (EEN), have shown efficacy in inducing remission in pediatric Crohn's disease, comparable to corticosteroids but without systemic side effects. Emerging dietary approaches, such as the Crohn's Disease Exclusion Diet (CDED), the Specific Carbohydrate Diet (SCD), and the low FODMAP diet, are being investigated for their anti-inflammatory potential and evidence of microbiome modulation. Personalized nutrition based on individual tolerance and microbiota composition is gaining attention as a promising adjunct in medical therapy. Overall, our evolving understanding of the role of diet in IBD suggests that tailored nutritional strategies can help manage symptoms, maintain remission, and potentially reduce reliance on pharmacologic treatments in both children and adults.

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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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