

Special Issue

Immunonutrition: Diet and Allergic Diseases

Message from the Guest Editor

Allergic diseases are increasing in both morbidity and mortality. Genetic, environmental, and dietary factors may be involved in this increase. For this reason, they represent a significant public health problem, and there is a great need to understand modifiable risk factors better. Food allergy (FA) represents one of the leading chronic diseases of the pediatric population. The intestinal microbiome (IM)–immune system (IS) axis is a milestone in susceptibility to food allergy. The dynamic and bidirectional interaction between MI and SI begins early in life and is profoundly modulated during the first 1000 days of life. Immunonutrition strategies, applied from conception, could represent an innovative target for the prevention and treatment of pediatric FA. Several studies indicate that avoiding food allergens during pregnancy does not reduce the risk of developing FA. International guidelines unanimously advise against avoidance diets due to potential adverse effects on essential nutrient intake and the overall health of both women and children. Research on probiotics and prebiotics during pregnancy as preventive measures is promising, although evidence remains limited.

Guest Editor

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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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