

Special Issue

Optimizing Respiratory Health Through Nutrition: From Prevention to Management

Message from the Guest Editor

Respiratory health is a cornerstone of overall well-being, with emerging research underscoring the profound impact of nutrition on both the prevention and management of respiratory conditions. A well-balanced diet, abundant in antioxidants, anti-inflammatory compounds, and essential micronutrients, serves as a powerful ally in enhancing lung function, curbing inflammation, and bolstering immune defenses. Key dietary components—such as colorful fruits and vegetables, omega-3-rich foods, and vitamin D sources—have demonstrated promise in reducing the risk and severity of asthma, COPD, and respiratory infections. Beyond food choices, maintaining optimal hydration and minimizing processed foods can further refine respiratory efficiency. This discussion delves into science-backed dietary approaches to lung health, spanning from preventive strategies for the general population to targeted nutritional therapies for chronic respiratory conditions. By unraveling the intricate relationship between diet and respiratory function, individuals can empower themselves to make informed, proactive choices—paving the way for improved breathing and sustained vitality.

Guest Editor

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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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