

Special Issue

The Role of Food Intolerance in Gastrointestinal Disorders

Message from the Guest Editors

Food intolerances arise when the body cannot properly digest certain foods. This phenomenon is non-immunological and is often associated with disorders of gut–brain interaction (DGBI), including irritable bowel syndrome (IBS), functional dyspepsia, functional diarrhea, as well as gastroesophageal reflux disease.

Foods commonly associated with food intolerance include milk, gluten, fermentable carbohydrates (FODMAP), and other compounds. In addition, even in the absence of clear food intolerance, many patients may complain of food-induced gastrointestinal symptoms, raising the possibility that other more complex factors are involved in symptom generation.

Cures for food intolerances are important for patients suffering from gastrointestinal disorders. Emerging evidence shows that a low-FODMAP diet alleviates symptoms in patients with irritable bowel syndrome. Exclusion diets are also used for as short a time as possible to induce symptom improvement.

This Special Issue provides a platform for researchers to discuss the role of food intolerance in gastrointestinal disorders and the cures for food intolerance, with the aim of helping to promote the development of this field.

Guest Editors

Dr. Giovanni Sarnelli

Division of Gastroenterology, Department of Clinical Medicine and Surgery, University of Naples Federico II, Via Sergio Pansini 5, 80131 Naples, Italy

Dr. Edoardo V. Savarino

Department of Surgery, Oncology and Gastroenterology, University of Padua, 35122 Padua, Italy

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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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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.

Editors-in-Chief

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1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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