

Special Issue

Diet, Nutrition, and the Exposome in Health and Disease

Message from the Guest Editors

The interplay between diet, environmental exposures, and immunity is increasingly recognized as a critical factor influencing health and disease. The gastrointestinal microbiota mediates many of these effects, serving as a dynamic interface between host and environment. Emerging evidence highlights that not only nutritional factors but also broader exposomic influences—such as pollutants, lifestyle, and stress—modulate immune function through microbial and metabolic pathways. This Special Issue invites original research and reviews exploring the complex relationships among diet, the exposome, and immune responses, with particular attention to the role of gut microbiota and related mechanisms. We welcome studies addressing the dietary components, essential nutrients, microbiota-derived metabolites, and environmental determinants that influence immune function. We are particularly interested in work that examines these interactions across the lifespan, including early-life exposures, developmental windows of vulnerability, and aging-related immune changes.

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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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