

Special Issue

Nutrigenomics, Nutrigenetics and the Immune System: Implications for Health

Message from the Guest Editors

The current COVID-19 pandemic has caused a global health crisis and economic devastation, highlighting the need to increase scientific knowledge about factors that can promote the optimal functioning of the immune system. The optimal nutritional balance is essential to promote health, being one of the most important factors to maintain the proper status of immune system to prevent and fight infectious diseases.

In this sense, the new knowledge in Nutritional Genomics applied to the health of the immune system is of great relevance in the current context. On the one hand, advances in Nutrigenomics help to establish the underlying biological mechanisms that sustain the relationship between nutrients and their beneficial effects on the immune system, through modulation of gene expression. On the other hand, Nutrigenetics will help to explain divergences in the immunomodulatory effect triggered by nutrients, depending on the genetic background of each individual.

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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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