

Special Issue

Update on Nutrition and Food Allergy

Message from the Guest Editors

Once a patient has developed a food allergy, an elimination diet is inevitable. The composition of the Western diet is also associated with allergies. Insufficient intake of, for example, dietary fibre leads to less production of short-chain fatty acids (crucial metabolic products of gut microbiota responsible for many protective effects against food allergy), a less favourable composition of these microbiota, and less mild stimulation of the gut-associated lymphoid tissue (GALT).

Possible topics include but are not limited to the following:

- Skin–gut axis in sensitization to food allergens;
- Gut microbiota and food allergy;
- Link between TH1 and TH2 immune disorders, what can be learned from big data.
- Elimination diets, nutritional hazards, and the re-introduction of food allergens;
- Immunomodulation in food allergy;
- Effects postbiotics on atopic disorders.

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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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