

## Special Issue

# Dietary Strategies and Mechanistic Insights in Pediatric Allergies

### Message from the Guest Editors

Pediatric allergic disorders, including food allergies, atopic dermatitis, asthma, and allergic rhinitis, represent an increasing global health challenge with a significant impact on children's growth, development, and quality of life. Dietary strategies remain crucial in both prevention and management, ranging from strict elimination diets to structured reintroduction protocols, such as the milk and egg ladder. These approaches can help improve tolerance and ease the burden of dietary restrictions. Novel approaches, including oral immunotherapy, early-life nutritional interventions for food allergy prevention, and the modulation of the gut microbiota, have opened up new avenues in pediatric allergy care. At the same time, the role of diet in certain conditions, such as atopic dermatitis or chronic spontaneous urticaria, is often overestimated, highlighting the need for critical evidence-based evaluations. Furthermore, the clinical importance of cross-reactive allergies, such as in pollen–food allergy syndrome in children, requires further exploration, as they may significantly complicate diagnostic and therapeutic strategies.

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## Nutrients

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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.

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