

## Special Issue

# Advantages and Disadvantages of Gluten-Free Diet in Celiac Disease and Role of Oats and Pseudo-Cereals

### Message from the Guest Editor

Celiac disease (CeD) is a systemic immune-mediated disease that develops in genetically susceptible individuals. To date, the only approved therapy of the disease is a lifelong, strict gluten-free diet (GFD). A GFD is essential for CD patients, and has many beneficial effects: symptoms alleviate in most patients, small bowel mucosa heals, antibody production stops, and nutritive status and bone mineral density improve. These advantages could not be achieved with other alternative, new therapies until now. The lifelong restrictive GFD also has some drawbacks. Insufficient fiber intake adversely affects the microbiota composition, which generates further negative consequences. GFD has an impact on quality of life as well, but data in the literature are controversial in this regard. The planned Special Issue discusses the GFD in terms of advantages and disadvantages. Studies that deal with changing symptoms during the diet, levels of macro- and micronutrients, body mass index and body composition, bone metabolism, microbiome, and quality of life are welcomed. We also welcome materials related to the composition of a healthy GFD and to the role of oats and pseudo-cereals in the diet.

### Guest Editor

Dr. Judit Bajor

Division of Gastroenterology, First Department of Medicine, Medical School, University of Pécs, 7624 Pécs, Hungary

### Deadline for manuscript submissions

closed (25 June 2023)



## Nutrients

an Open Access Journal  
by MDPI

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/si/139555](https://mdpi.com/si/139555)

*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)





# Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)



## 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.

---

### Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

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 (UIBS), 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

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

#### Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)