

Special Issue

Nutritional Approaches in Autoimmune Diseases and Patient Outcomes

Message from the Guest Editors

Autoimmune diseases are chronic conditions characterized by an abnormal immune response against the body's own tissues, leading to inflammation and tissue damage. Emerging evidence suggests that nutrition plays a crucial role in modulating immune function and inflammatory pathways, offering promising strategies for the prevention and management of autoimmune disorders.

This Special Issue aims to gather original research articles, clinical trials, and systematic reviews that explore the impact of nutritional interventions on autoimmune diseases such as rheumatoid arthritis, systemic lupus erythematosus, multiple sclerosis, inflammatory bowel disease, and others. We welcome contributions addressing personalized nutrition, anti-inflammatory diets, gut microbiota modulation, and the role of micronutrients and supplements in immune regulation.

By advancing our understanding of the relationship between diet and autoimmunity, this issue seeks to support evidence-based nutritional approaches that can complement conventional therapies and improve patient outcomes.

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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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