

## Special Issue

# The Impact of Food Allergy on Mental Health and Nutritional Management Strategies

### Message from the Guest Editor

Food allergies significantly impact not only physical health but also mental well-being. Individuals managing food allergies often experience heightened anxiety, social isolation, and fear of accidental exposure, which can lead to chronic stress or even depression. These psychological effects are particularly evident in children and adolescents, where the burden of dietary restrictions may interfere with social development and academic performance. From a nutritional standpoint, eliminating allergenic foods can increase the risk of nutrient deficiencies, especially when common allergens, such as dairy, eggs, or nuts, are involved. Effective management strategies should include comprehensive care—psychological support, regular nutritional assessments, and patient education. Multidisciplinary approaches involving allergists, dietitians, and mental health professionals are essential to improve quality of life and ensure balanced nutrition. This Issue will focus on the nutritional challenges related to food allergies and their comprehensive management strategies. It encourages evidence-based research covering nutritional assessment, dietary interventions, and nutrition education.

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### Deadline for manuscript submissions

15 September 2026



## Nutrients

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an Open Access Journal  
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Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



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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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