

Special Issue

Nutritional Management and Gut Health in Celiac Disease

Message from the Guest Editors

While the gluten-free diet (GFD) is the only treatment for celiac disease (CeD), there are many nutritional concerns regarding the nutritional adequacy of this diet. A standard GFD is often low in fiber and B vitamins, but higher in simple refined carbohydrates, fats, and sugars.

Gut flora is negatively impacted by increased consumption of refined carbohydrates, processed foods, and sugars. Whole grains and a fiber-rich diet are associated with increased favorable gut flora. This Special Issue aims to collect original research articles and reviews that explore the nutritional imbalances commonly observed in GFD, especially their effects on gut microbiota and overall intestinal health.

Submissions that investigate strategies for improving dietary quality of individuals with CeD (including interventions to enhance fiber intake, optimize micronutrient status, and support gut health) are encouraged). We also welcome contributions that offer evidence-based dietary guidance and practical solutions for promoting a balanced and gut-friendly GFD.

Guest Editors

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Deadline for manuscript submissions

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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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