

Special Issue

Nutritional Insights and Challenges in Gastrointestinal Diseases

Message from the Guest Editor

Gastrointestinal (GI) diseases encompass a broad spectrum of conditions that affect the digestive system, including inflammatory bowel diseases (IBDs), irritable bowel syndrome (IBS), celiac disease, and gastrointestinal cancers, among others. These conditions often have a profound impact on nutritional health, and managing nutrition becomes an essential part of treating and supporting patients with GI disorders. Many factors play a role, but some of the most prevalent include malabsorption and nutrient deficiencies, impact on the gut microbiome, dietary patterns and symptom management, inflammation and healing, weight management, and GI health. Nutritional care plays a fundamental role in the management of gastrointestinal diseases. A well-balanced diet tailored to the specific needs of patients with GI conditions can significantly improve symptom control, prevent nutritional deficiencies, and support overall health. By integrating nutritional therapy with medical treatments, healthcare providers can help to optimize the quality of life and long-term well-being of individuals living with gastrointestinal diseases.

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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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