

Special Issue

The Role of Special Diets in Paediatric Metabolic, Neurological and Immune-Mediated Disorders

Message from the Guest Editor

Adequate nutrition and a balanced diet are prerequisites for human existence and physical wellbeing, especially in children, where it supports growth and development.

The human diet consists of carbohydrates, fats, proteins, vitamins, minerals, fiber, and water, with recommended intakes tailored by age and sex.

Malnutrition can cause undernutrition (e.g., kwashiorkor) or overnutrition (e.g., obesity), prevalent worldwide, but diet also serves as a form of therapy. For example, low-salt diets benefit hypertension and kidney disease, while low-fat diets aid fatty liver disease and hypercholesterolemia. A wide range of chronic paediatric conditions rely on dietary interventions. For instance, phenylketonuria requires a low-phenylalanine diet, galactosaemia necessitates galactose restriction, and epilepsy may respond to a ketogenic diet. Similarly, type 1 diabetes demands sugar avoidance, coeliac disease requires gluten exclusion, and cow's milk allergy necessitates dairy-free nutrition. This *Nutrients* Special Issue invites original research or reviews on dietary interventions in childhood diseases, welcoming contributions from clinicians and researchers in relevant fields.

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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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