

Special Issue

Nutritional Management in IBD: From Malnutrition Diagnosis to Targeted Therapy

Message from the Guest Editor

Protein–energy malnutrition affects approximately 75% of patients with active Inflammatory Bowel Disease (IBD), particularly those with Crohn's disease. Unfortunately, nutritional improvement is often overlooked as a therapeutic objective in IBD management. Furthermore, clinical practice presents diverse IBD patient populations, including the following: a) well-nourished patients with quiescent disease; b) well-nourished patients with mild-to-moderate disease; c) well-nourished patients with severe diarrhea and high intestinal losses; d) well-nourished patients with intestinal strictures and symptoms of intestinal obstruction; and e) malnourished patients or those at risk of malnutrition. Each of these populations requires tailored dietary management. The purpose of this Special Issue is to emphasize the following points: i) at the time of IBD diagnosis, patients should undergo immediate nutritional screening using GLIM criteria as specific monitoring parameters; ii) personalized nutritional therapy must be included among the therapeutic objectives of a treat-to-target approach for all IBD patient types.

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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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