

## Special Issue

# How and What to Eat: Nutritional Recommendations for Maintaining Kidney Health

### Message from the Guest Editor

CKD is an increasingly important issue, with a critical impact on all countries' health systems. There is growing evidence that dietary habit and lifestyle interventions can substantially impact not only general physical conditions but also specifically kidney health. In this Special Issue of *Nutrients*, we will address the many aspects of correct and incorrect dietary behaviors. In particular, we will ask scholars with expertise in this field to contribute experimental or observational studies, reviews of the literature, or meta-analyses of the available data to this Special Issue. In particular, we will consider any contribution dealing with the role of the usual main dietary components (e.g., protein, carbohydrates, lipids, electrolytes, alcohol, and water consumption, etc.), diet supplementations (e.g., vitamins, minerals, amino acids, etc.), the consumption of herbal components, probiotics, and prebiotic prescriptions in potential positive, negative, or neutral kidney function in the healthy subjects.

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## Nutrients

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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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