

Special Issue

The Role of Dietary Interventions in Improving Autism Spectrum Disorders (ASDs)

Message from the Guest Editor

Autism spectrum disorder (ASD) is a complex neurodevelopmental condition characterized by challenges in social interaction, communication, and behavior. In recent years, growing attention has been directed to the role of diet and nutrition in influencing the onset, severity, and progression of ASD symptoms. Dietary interventions—ranging from gluten- and casein-free diets to supplementation with specific nutrients such as omega-3 fatty acids and probiotics—have shown potential in modulating gut microbiota and improving cognitive and behavioral outcomes in individuals with ASD. This Special Issue aims to advance our understanding of how dietary strategies can support individuals with ASD across their lifespan. We welcome original research, reviews, meta-analyses, and perspectives that explore the mechanisms, efficacy, and clinical applications of dietary interventions. Contributions from interdisciplinary fields including nutrition, neuroscience, gastroenterology, and psychiatry are especially encouraged. Submissions should strive to bridge current knowledge gaps, assess long-term outcomes, and inform evidence-based dietary guidelines for ASD management.

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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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