

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.

Guest Editor

Dr. Jiangbo Ying

1. Department of Developmental Psychiatrist & East Region, Institute of Mental Health, Singapore, Singapore
2. Lee Kong Chian School of Medicine, Nanyang Technological University, Singapore, Singapore

Deadline for manuscript submissions

15 May 2026



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/242671

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)



About the Journal

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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)