

Special Issue

Nutrition, Physical Activity Interventions for Children Immunity Development

Message from the Guest Editor

Daily physical activity and nutrition are important in a healthy lifestyle, with potential benefits to immunity development in children. Infections of the upper respiratory tract, and the associated symptoms (i.e., childhood asthma), are the most frequent presentations to general practitioners. Regular moderate physical activity might be particularly beneficial for enhancing one's immune system and reducing the risk of infection. However, many questions in this topic remain to be explored, such as the optimal type, duration, and timing of physical activity in relation to immunity development in children, the extent to which immune alterations translate to protection, and the underlying mechanisms by which physical activity improves immunity. Multi-nutrients may be beneficial for those with a preexisting deficiency but not if normal dietary intake is sufficient in children. In this issue, together with daily physical activity, we must consider the role of nutritional elements in children's immune development, including probiotics, bovine colostrum, and some plant-derived products, but only in specific contexts.

Guest Editor

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Deadline for manuscript submissions

closed (5 February 2025)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/91320

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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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