

## Joint Special Issue

# Immunomodulation by Food: A Tool for Mitigating Allergic Disease

### Message from the Guest Editors

Hippokrates' quote "Let food be thy medicine, and let medicine be thy food" finds unparalleled application in the field of immunonutrition. An expanding body of evidence demonstrates that food components act on various immune cells. Their effects are mediated through the intestinal immune system and, in some cases, the intestinal microbiome. Food patterns, individual foods, and specific nutrients are under the microscope for their ability to enhance or inhibit immune responses, thus suppressing allergy and inflammation. This Special Issue encourages authors to submit original research articles or reviews addressing the immunomodulatory effect of foods, specific food ingredients, antioxidants or vitamins, allergic disease in relation to food, food allergies, and the modification of food allergens through digestion and/or processing.

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### Guest Editors

Dr. Emilia Vassilopoulou

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Prof. Dr. Ioana Corina Bocsan

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### Deadline for manuscript submissions

closed (30 November 2021)

Participating open access journals:

## Nutrients

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Impact Factor 5.0

CiteScore 9.1

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[mdpi.com/si/81625](https://mdpi.com/si/81625)



## Foods

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CiteScore 8.7

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