

Special Issue

Effect of Intermittent Fasting and Dietary Choices on COVID-19

Message from the Guest Editor

Intermittent fasting in health improvement is perceived to be greater than simply the possibility of weight loss and its associated cardiometabolic improvements. The influence of fasting and other methods of energy restriction on health outcomes of infectious diseases is one area in which a paucity of data exist, although initial evidence suggests that it deserves further attention in humans. Specifically, the human response to severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) and the severity of the disease that it causes, coronavirus disease 19 (COVID-19), may be affected by energy restriction. Given the global effect of COVID-19, the likelihood of SARS-CoV-2 becoming endemic in human populations, and the potential for other epidemics and pandemics in the future, the development and publication of data that enlighten any effect of fasting and other nutritional choices on COVID-19 and other infectious diseases are of immense importance.

For this Special Issue, we are seeking review articles and original research studies regarding the influence of intermittent fasting, other nutritional choices, or any dietary interventions that may impact infectious diseases.

Guest Editor

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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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