

Special Issue

Nutritional Pearls and Pitfalls of Gastrointestinal Diseases

Message from the Guest Editor

In recent years the nutritional approach to gastrointestinal diseases has gained a renewed and increasing popularity among both health care professionals and patients. Unfortunately, people usually tend to overestimate the positive effects of some compounds contained in food and/or underestimate the possible metabolic interaction of foods with the drugs they are currently taking. Moreover, many patients go on a diet, even purely on the basis of a personal whim or, even worse, following the suggestions of friends and relatives. This is usually done without any expert supervision regarding the diet's nutritional adequacy and therapeutic efficacy. The aims of this Special Issue are to analyze the actual facts and the false beliefs regarding the possible positive and negative impacts of food and, in general, of the dietary approach to many different gastrointestinal diseases. It will hopefully be able to help physicians and, in general, health care professionals to detect false opinions and misconceptions, and suggesting a more correct and healthier nutritional approach on the basis of scientific evidence.

Guest Editor

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Deadline for manuscript submissions

closed (31 March 2021)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/54267

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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.

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