



## Diet and Immune Response

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### Message from the Guest Editor

During the past decades, it has become increasingly clear that diet influences our immune systems in various ways, both directly and indirectly. Both macronutrients (proteins, lipids and carbohydrates) and micronutrients (minerals and vitamins) may affect the strength of an immune reaction towards microbes or how efficiently an inflammation is resolved. Even though our understanding of how nutrients and food-related components interact with the immune system has grown dramatically, many questions regarding both mechanisms of action and the action of specific molecules (naturally occurring or formed as a result of food processing) are yet to be answered. Such knowledge is imperative for producing healthy and sustainable food in the future.

This Special Issue aims to increase our knowledge and understanding of how nutrients or their derivatives interact with immune system cells and how this may impact immune responses induced by microorganisms or tissue damage.





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