



Nutrition Therapy and IBD

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Message from the Guest Editors

Inflammatory bowel disease (IBD) is a multifactorial disease with both a strong genetic and environmental component. A growing body of evidence demonstrates that diet is not only important as a risk factor, but also as a therapeutic option to manage this disease. Increasing evidence associates a Western diet and ultra-processed foods with the development of IBD, while growing evidence points to the therapeutic potential of manipulating diet. Nutritional therapy includes dietary options emphasizing anti-inflammatory foods to modulate the microbiome and its metabolic byproducts, a proposed mechanism to explain their benefits of improving symptoms, reducing inflammation, and aiding in mucosal healing. This Special Issue is aimed at providing selected contributions on nutrition therapy for all subtypes of IBD including Crohn's disease and Ulcerative colitis. Potential topics include but are not limited to: food in models of IBD (in vitro and in vivo); nutritional/dietary interventions and clinical trials in IBD; nutrigenomics and personalized nutrition for IBD; future perspectives on nutrition therapy for IBD; systematic reviews on currently available nutrition therapy for IBD.





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