



## Nutrition, Immune Responses and Autoimmune Diseases

Guest Editor:

### Dr. Dimitris Tsoukalas

1. European Institute of Molecular Medicine, Rome, Italy
2. Metabolomic Medicine, Health Clinics for Autoimmune and Chronic Diseases, Athens, Greece

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### Message from the Guest Editor

Dear Colleagues,

Autoimmune diseases (ADs) are one of the most common chronic inflammatory conditions characterized by a loss of self-tolerance, affecting 5-10% of the global population. Although genetic predisposition is a common risk factor for the onset of these diseases, non-hereditary factors are primarily involved in their development.

The complexity of the interaction between nutrition and the immune response is critical in the rapid increase in autoimmune disease incidence. A person's nutritional status and overall metabolic health, shaped by the food intake (including food, nutrients, and bioactive compounds) and the endogenous metabolism, have a tremendous effect on the immune system. This effect may occur in the physical barrier (such as skin, mucous membrane, etc.), the microbiome, the innate immune system, and the adaptive immune system.

This Special Issue will encourage preclinical, clinical research, observational, and meta-analysis studies, and analytical reviews focused on the role of nutrition on immune response, autoimmunity, and potential nutritional strategies to manage autoimmune diseases.

Dr. Dimitris Tsoukalas  
*Guest Editor*





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1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

### **Prof. Dr. Maria Luz Fernandez**

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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*Nutrients* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
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