



nutrients



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Nutrition, Immune and Inflammation-Related Diseases

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Deadline for manuscript submissions:

closed (5 April 2024)

Message from the Guest Editors

Inflammation is part of the body's defense mechanism and is based on the activation of immune and non-immune cells able to recognize and remove harmful and foreign stimuli, promoting tissue repair and recovery. Failure in resolving inflammation and/or long-term, repeated stimulation of the immune system may lead to systemic chronic inflammation, which is involved in the disease process of many conditions.

In this context, dietary nutrients play a key role in promoting or inhibiting pro-inflammatory mediators' production. An unbalanced diet that is hyperaloric, rich in saturated fatty acids and/or refined sugar, or low in bioactive compounds can alter the immune balance toward pro-inflammation. Conversely, an adequate diet is able to maintain immune homeostasis directly by interacting with innate and adaptive immune components, or indirectly through gut microbiota and their metabolites.

This Special Issue aims to collect original articles as well as review articles that share information on the role of the diet components in preventing or ameliorating systemic inflammatory diseases by promoting improved immune health."



mdpi.com/si/180304

Special *Issue*



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Journal Rank: JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Food Science)

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