



nutrients



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Dietary Intake and Asthma Control

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Message from the Guest Editor

I would like to invite you to contribute to this Special Issue of *Nutrients*, addressing the topic ‘Dietary Intake and Asthma Control’. Globally, 300 million people suffer from asthma and the prevalence is increasing worldwide, making asthma the most common chronic disease. Among the risk factors for asthma are air pollution, obesity, a sedentary lifestyle and a poor diet. A decreased intake of fresh fruit, vegetables and fibers, and an increased intake of processed high-fat foods (fast food and the Western diet) is positively associated with asthma development and links to alterations in microbial composition. This Special Issue of *Nutrients* aims to collect an overview of the current body of evidence regarding dietary components that are indicated to help against asthma development and/or alleviate symptoms, hence contributing to asthma control. The goal is to identify the gaps in the knowledge and to point out the most relevant nutrients or diets to be further studied for their full potential for asthma protection in future clinical trials.



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