



nutrients



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Nutrition in Patients with Lactose Malabsorption, Celiac Disease, and Related Disorders

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Message from the Guest Editor

Dear Colleagues,

Lactose malabsorption (LM) is caused by the incomplete hydrolysis of lactose due to lactase deficiency, which may occur as a primary disorder or secondary to other intestinal diseases. LM is a well-known cause of abdominal symptoms, although only some lactose malabsorbers are also lactose-intolerant. A lactose-restricted diet is frequently prescribed, although it can potentially provoke serious nutritional disadvantages. In addition, lactose is considered a fundamental component of fermentable oligo-, di-, and monosaccharides and polyols (FODMAPs) and is consequently related to the intolerance to these compounds. LM and celiac disease (CD) can be mutually associated. Nutritional deficiencies are common in CD and can persist despite a gluten-free diet (GFD). A GFD is the only effective and safe treatment of CD and gluten-related disorders, although optimal adherence to GFD is not always easy to achieve. The nutritional aspects of these disorders are an exciting and challenging research topic for scientists.



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