



## Nutritional Considerations and Health Issues of a Gluten-Free Diet

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### Message from the Guest Editors

Dear Colleagues,

Celiac disease (CeD) is a systemic disease that causes chronic enteropathy of the small intestine and develops through an inadequate immune response to gluten in genetically predisposed individuals. To date, the only effective treatment is a gluten-free diet that essentially relies on the consumption of naturally gluten-free foods and gluten-free dietary products. But an inadequately balanced gluten-free diet can increase the risk of obesity, negatively affect glucose and lipid metabolism, and increase the risk of metabolic syndrome. Therefore, adequate nutritional counseling is necessary for patients diagnosed with CeD in order to prevent and treat the components of metabolic syndrome.

Emerging therapeutic options for CeD are based on the removal of toxic gluten peptides, the modulation of intestinal permeability, or the restoration of the gut microbiota. These treatment options have shown encouraging preliminary results in clinical trials.

The planned Special Issue will include research and reviews from the most recognized names research topics related to a gluten-free diet. We are also aiming to cover new and challenging topics within the Special Issue.





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