



Advantages and Disadvantages of Gluten-Free Diet in Celiac Disease and Role of Oats and Pseudo-Cereals

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Message from the Guest Editor

Celiac disease (CeD) is a systemic immune-mediated disease that develops in genetically susceptible individuals. To date, the only approved therapy of the disease is a lifelong, strict gluten-free diet (GFD). A GFD is essential for CD patients, and has many beneficial effects: symptoms alleviate in most patients, small bowel mucosa heals, antibody production stops, and nutritive status and bone mineral density improve. These advantages could not be achieved with other alternative, new therapies until now. The lifelong restrictive GFD also has some drawbacks. Insufficient fiber intake adversely affects the microbiota composition, which generates further negative consequences. GFD has an impact on quality of life as well, but data in the literature are controversial in this regard.

The planned Special Issue discusses the GFD in terms of advantages and disadvantages. Studies that deal with changing symptoms during the diet, levels of macro- and micronutrients, body mass index and body composition, bone metabolism, microbiome, and quality of life are welcomed. We also welcome materials related to the composition of a healthy GFD and to the role of oats and pseudo-cereals in the diet.





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