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## The Role of Nutrition and Physical Activity in Autoimmune Diseases

Guest Editor:

**Prof. Dr. Grazyna Rydzewska**

Central Clinica Hospital of  
Ministry of Interior and  
Administration, Warsaw, Jan  
Kochanowski University, Kielce,  
Kielce, Poland

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### Message from the Guest Editor

Autoimmune diseases are a diverse group of diseases affecting almost all organs and systems and characterized by an abnormal immune response to their own tissues and organs. Nutritional factors appear to be of increasing importance. Celiac disease causes gluten sensitivity, the best-known effect of nutritional factors in autoimmune disease. Increasingly, studies also indicate the role of nutrition in IBD and the influence of nutrition through not only typical autoimmune mechanisms but also highly processed foods. Diet as a modifiable factor also has the potential to improve clinical outcomes for several major autoimmune diseases. Physical activity is an essential component of a healthy lifestyle, impacting energy balance, promoting the functional ability of various systems, and improving immunity. Both may influence lifelong health by improving body composition, musculoskeletal health, and physical and cognitive performance. Physical activity can replace many drugs, but nothing can replace physical activity—this slogan is important not only in terms of maintaining a healthy body weight or preventing metabolic disorders, but also regarding autoimmune disorders.



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1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

### **Prof. Dr. Maria Luz Fernandez**

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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*Nutrients* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

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