



Nutritional Deficiency in Celiac Disease: Current Perspective

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Message from the Guest Editor

Dear Colleagues,

Adherence to a strict gluten-free diet is the only effective treatment, to date, for celiac disease, with absolute regression in celiac-associated symptoms. A gluten-free diet is also recommended in other gluten-related disorders. Gluten is a mixture of storage proteins found in wheat and related grains that contains certain immune-potent fragments (prolamins), which are enough to inflict a toxic effect in the intestinal mucosa by triggering an immunological response in genetically susceptible individuals. However, gluten is a vital source, not only of protein, but also of various macro- and micronutrients. Banishment of gluten from the diet causes an alteration in the level of macro and micronutrients that eventually leads to nutritional imbalances, both in adult and pediatric celiac disease individuals.

In recent years, nutritional complications have been reported in patients with celiac disease, which is a serious health issue, especially in growing children, that requires immediate action. For this Special Issue, we invite articles related to the nutritional aspects of celiac disease and other gluten-related disorders.

Dr. Anil K. Verma
Guest Editor





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