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Nutritional and Dietary Aspects in Celiac Sprue and Gluten-Related Disorders

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Message from the Guest Editor

Dear Colleagues,

Celiac disease (CD) is an autoimmune-related disease causing inflammation in the small bowel triggered by the ingestion of gluten. The only effective and safe treatment for celiac disease (CD) and gluten-related disorders is a lifelong, strict exclusion of gluten—the so-called gluten-free diet (GFD). Both inadequate dietary intake and/or diminished uptake due to intestinal damage contribute to nutrient deficiencies, most of which can be restored with a GFD and/or supplementation. On the other hand, numerous studies have reported nutritional imbalances associated with the GFD. Therapeutic protocols should include nutritional education to teach subjects affected by untreated and treated CD and gluten related disorders about the importance of reading labels, choosing foods, and combining macro- and micronutrients. New insights into the nutritional aspects of CD and gluten-related disorders present an exciting scientific challenge for researchers.

Dr. Usai-Satta Paolo
Guest Editor



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