

Special Issue

Diet, Gut Health, and Clinical Nutrition

Message from the Guest Editor

Nutrition in the case of gut health supports clinical therapy and for some conditions is the main therapy.

Gut health is an area of intense interest, being the most populated area with microorganisms within the human body. Functions include digesting food, regulating energy use, providing support to the immune system and hormonal regulation. Altered gut microbiota are usually found in inflammatory diseases such as inflammatory bowel disease, obesity, cardiovascular disease etc. Key nutrients to nourish the gut microbiome include probiotics, prebiotics, polyphenols, omega-3 fatty acids and fibre.

The range of affected conditions include Crohn's disease, Coeliac disease, constipation, cancer, Irritable Bowel Syndrome and Barret's oesophagus. Nutritional deficiencies, as well as weight loss, all requiring dietetic intervention.

Therefore, the aim of this special edition is to showcase emerging knowledge in this topical area and discuss various dietary intervention solutions for patients with gut health conditions affecting their nutritional status.

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Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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