

Special Issue

The Role of Nutrition before, during and after COVID-19: Assessment, Management and Possible Interventions

Message from the Guest Editors

In the first epidemiological studies on COVID-19, obesity was identified as a major risk factor for poor prognosis, with an increased risk of intensive care admissions and mechanical ventilation, but also of adverse cardiovascular events.

Additionally, body fat distribution and visceral adipose tissue, in particular, could predict intensive care admission and unfavorable health outcomes.

There is limited knowledge regarding the best nutritional approach to prevent SARS-COV2 infection to support patients during their hospital stay and to amend established protocols for severely ill post-COVID rehabilitation. However, nutritional therapy could be one of the first-line treatments and knowledge of this area should be implemented in different settings.

This collection aims to explore the relationship between nutrition, body composition, the immune system, and coronavirus disease 2019 (COVID-19).

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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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