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Diet and Nutrients in Asthma and Allergic Disorders

Guest Editors:

Dr. Kostas N. Priftis

Paediatric Respiratory and
Allergy Department, Paediatric
Center of Athens, National and
Kapodistrian University of
Athens, Athens, Greece

Dr. Konstantinos Douros

Pediatric Allergy and Respiratory
Unit, 3rd Department of
Pediatrics, "Attikon" University
Hospital, National and
Kapodistrian University of
Athens, School of Medicine,
Athens, Greece

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Message from the Guest Editors

The prevalence of asthma and allergic disorders has been increasing dramatically during the last few decades, especially among Western and Westernized societies. One of the many proposed explanations for this trend is the change in dietary habits. Diet and nutrients seem to have a key role in the modulation of the immune system and are considered a modifiable risk factor for asthma and allergic disorders.

The numerous nutrients and secondary metabolites of diet can influence various metabolic and immune responses and have a great impact on physiology and immune system homeostasis. A pivotal player in these complex processes is the gut microbiome, as its microbes are responsible for the production of various metabolites that have a key impact on the immune system modulation and activity. Understanding the immunological role of diet and nutrients is crucial in establishing healthy dietary habits to prevent the development of asthma and allergic disorders and may even guide the generation of new therapeutics that target critical molecular pathways.



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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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Contact Us

Nutrients Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

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