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Featured Reviews on Infant Nutrition and Allergic Disease

Guest Editors:

Prof. Dr. Antonella Muraro

Food Allergy Referral Centre,
Padua University Hospital, 35128
Padua, Italy

Prof. Dr. Carina Venter

Section of Allergy & Immunology,
School of Medicine, University of
Colorado Denver, Children's
Hospital Colorado, Anschutz
Medical Campus, 13123 East 16th
Avenue, Aurora, CO 80045, USA

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Message from the Guest Editors

A nutritional approach represents an important step in food allergy management, with the aim of satisfying the needs of macro- and micronutrients, while maintaining a well-balanced diet. Besides the traditional approach, which involves avoiding the harmful foods, a novel paradigm shift is currently under way with the spread of oral tolerance induction as a concept in allergy therapy. In recent years, the dietary management of allergic diseases has thus moved from a passive approach, consisting of an elimination diet to relieve symptoms, to a “proactive” one, with the possibility of actively modulating the immune system by dietary intervention.

The purpose of this Special Issue of *Nutrients* is to provide an overview of how nutrition may impact allergic diseases. More specifically, this Special Issue addresses how dietary factors, a varied diet, and dietary patterns may affect allergic outcomes. The importance of supplying adequate dietary intake in managing food allergies is also highlighted. Furthermore, the recent developments in actively managing and treating food allergies are summarized.



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Special Issue



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Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

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

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