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Nutritional Interventions to Shift the Gut Microbiome for Gut and Systemic Health

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Message from the Guest Editors

In this Special Issue of *Nutrients*, we wish to bring together high-quality papers focusing on the role of the microbiome in mediating the beneficial health effects of nutritional interventions. Such interventions may include 1) broad shifts in the basal diet or studies investigating different nutritional patterns (e.g., the Mediterranean diet or Western-type diet), 2) interventions with functional whole foods or food extracts, or 3) interventions with individual or combined bioactive food components or specific vitamins or minerals.

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Special Issue



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