

Special Issue

Clinical Nutrition in the Era of Precision: Bioactives, Microbiome and Targeted Dietetic Interventions

Message from the Guest Editor

Clinical nutrition has entered a new era, moving from general dietary recommendations to targeted, evidence-based interventions that integrate molecular, metabolic, and microbiome data. In this context, functional ingredients—including bioactive compounds such as polyphenols, omega-3 fatty acids, peptides, prebiotics, and probiotics—play a crucial role in modulating physiological processes and preventing or managing chronic diseases.

This Special Issue aims to provide an updated overview of functional and precision-based approaches in clinical nutrition, focusing on how bioactive compounds and tailored dietary strategies can improve metabolic, inflammatory, and cardiovascular outcomes. We invite contributions that explore both mechanistic insights and clinical applications, including studies that combine omics technologies, microbiota analysis, and biomarkers of nutritional response.

By integrating functional food science and precision nutrition, this Special Issue seeks to advance our understanding of individualized dietetic strategies that promote health and manage chronic diseases.

Guest Editor

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Message from the Editor-in-Chief

Dietetics is an international, peer-reviewed, open access journal of human dietetics. It publishes reviews, regular research papers, and communications. Our aim is to publish timely experimental and theoretical research results in a rapid and readily accessible manner.

Editor-in-Chief

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