

Special Issue

The Interplay between Food Intake and Gut Microbiota

Message from the Guest Editor

The special issue explores the complicated correlation and dynamic interaction mechanism between dietary choices and the intricate bacterial community inhabiting the gastrointestinal tract. This interplay is a crucial element in digestive processes, the gut barrier, inflammation, host metabolism, immunity, and general health and well-being. These microbes and metabolites have a vital role in metabolizing nutrients, regulating the immune system, and even impacting mental well-being and food choice of host. The symbiotic relationship between host and gut microbes has been proven to be influenced by food intake, which has far-reaching implications for various aspects of host health. In summary, studies on the intricate relationship between dietary intake and gut microbiota would provide valuable insights on developing personalized nutrition strategies and innovative approaches for promoting optimal health at the intersection of diet and microbial ecology.

Guest Editor

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Message from the Editor-in-Chief

Foods (ISSN 2304-8158) is an open access and peer reviewed scientific journal that publishes original articles, critical reviews, case reports, and short communications on food science. Articles are released monthly online, with unlimited free access. Currently, *Foods* has been indexed by the Science Citation Index Expanded (SCIE - Web of Science), PubMed, and Scopus. Our aim is to encourage scientists, researchers, and other food professionals to publish their experimental and theoretical results as much detail as possible. We therefore invite you to be one of our authors, and in doing so share your important research findings with the global food science community.

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