

Special Issue

Functional Foods, Gut Microbiota, and Health Benefits

Message from the Guest Editors

Functional foods can be roughly defined as food products that are consumed within a regular diet and have been proven to display potential health benefits and/or to reduce the risk of chronic diseases. They have attracted increased interest in recent years as consumers are more aware of the impact of their diet on their health. The broad category of functional foods includes prebiotics, probiotics, dietary fibers, and other compounds that can have an impact on the human gut microbiota. Recently, the human gut microbiota, its relationship with dietary habits, and the metabolites found in the gut have been linked to several health conditions and diseases (e.g., diabetes, autoimmune diseases, allergies, inflammatory bowel disease, obesity, and hepatic inflammation). As such, the interplay between our dietary habits and their influence on our gut microbiota and its health impacts is worthy of further exploration, as it holds significant potential in the development of functional foods that promote overall health and disease prevention.

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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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