

Special Issue

Editorial Board Members' Collection Series in "Thought for Food: Diet and Gut Health"

Message from the Guest Editors

The gut microbiota performs a fundamental role in the promotion of host health, influencing most of our physiological processes due to its metabolic role, influence on the immune system and the intestinal barrier, and the microbiota–brain communication axis. Diet is one of the factors that most influences the microbial ecosystem and can enhance its diversity and the presence of health-beneficial microorganisms, but it can also promote a less-diverse microbial ecosystem with lower functionality and the presence of bacteria that contribute to disease. For these reasons, diet emerges as an essential tool for microbiota modification and health promotion. However, although there are dietary patterns that benefit the microbiota and host's health in general, the individual responses depend on gut microbiota; thus, it is necessary to direct research towards the personalization of diets based on gut microbiota, establishing its influence on the microbiota network to obtain the best results.

Guest Editors

Prof. Dr. Mar Larrosa

1. MAS Microbiota Group, Faculty of Biomedical and Health Sciences, Universidad Europea de Madrid, Villaviciosa de Odón, 28670 Madrid, Spain

2. Department of Nutrition and Food Science, School of Pharmacy, Complutense University of Madrid (UCM), 28040 Madrid, Spain

Prof. Dr. Xiaoxiong Zeng

College of Food Science and Technology, Nanjing Agricultural University, Nanjing 210095, China

Deadline for manuscript submissions

closed (15 January 2024)



Foods

an Open Access Journal
by MDPI

Impact Factor 5.1
CiteScore 10.3
Indexed in PubMed



mdpi.com/si/170139

Foods

Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
foods@mdpi.com

mdpi.com/journal/

[foods](https://mdpi.com/journal/foods)





Foods

an Open Access Journal
by MDPI

Impact Factor 5.1
CiteScore 10.3
Indexed in PubMed



[mdpi.com/journal/
foods](https://mdpi.com/journal/foods)



About the Journal

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.

Editor-in-Chief

Prof. Dr. Arun K. Bhunia

1. Department of Food Science, Purdue University, West Lafayette, IN 47907, USA
2. Department of Comparative Pathobiology, Purdue University, West Lafayette, IN 47907, USA

Author Benefits

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, PMC, FSTA, AGRIS, PubAg, and other databases.

Journal Rank:

JCR - Q1 (Food Science and Technology) / CiteScore - Q1 (Health Professions (miscellaneous))

Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 15 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the second half of 2025).