

## Special Issue

# Dietary Fiber and Gut Microbiota

### Message from the Guest Editors

The European Food Safety Authority provided a recent definition of dietary fiber as ‘non-starch polysaccharides, all resistant starches, all non-digestible oligosaccharides with three or more monomeric units and other non-digestible, but quantitatively minor components that are associated with dietary fiber polysaccharides, especially lignin’. Dietary fiber could influence individual gut microbiota directly or via alterations in gut transit and digestive functions. The role of the gut microbiota and its contribution to health is being increasingly recognized. The relationship between dietary fiber and the gut microbiota is complex. Understanding this relationship is an important perspective for nutrition and health. The present Special Issue aims to collect papers concerning the investigation of the chemical structure and function of dietary fiber, or whole foods containing them, as positive or negative regulators of the commensal gut microbiota. We are inviting you to submit a review or research paper to the upcoming Special Issue “Dietary Fiber and Gut Microbiota” to be published in the journal *Foods*.

### Guest Editors

Dr. Xiaoyan Liu

School of Food and Health, Beijing Technology and Business University, Beijing 100048, China

Prof. Dr. Chao Zhao

College of Marine Sciences, Fujian Agriculture and Forestry University, Fuzhou 350002, China

### Deadline for manuscript submissions

closed (31 May 2025)



## Foods

an Open Access Journal  
by MDPI

Impact Factor 5.1  
CiteScore 8.7  
Indexed in PubMed



[mdpi.com/si/155105](https://mdpi.com/si/155105)

*Foods*

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

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





# Foods

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.1  
CiteScore 8.7  
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 14.9 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the first half of 2025).