

Special Issue

Prebiotic Diet: Other Dietary Molecules Implicated in Gut Microbiota Health

Message from the Guest Editors

In 2016, the International Scientific Association for Probiotics and Prebiotics (ISAPP) provided a new definition of a prebiotic as 'a substrate that is selectively utilized by host microorganisms conferring a health benefit'. Moreover, they added polyunsaturated fatty acids and the phenolics/phytochemicals among the 'candidate' prebiotics and pointing out that further studies are needed. It is not to be excluded that there may be dietary molecules that could play a fundamental role in promoting the commensal bacteria viability and metabolic activity, and conferring health benefits to the host, even though they are not substrates for them, and instead other dietary molecules that interrupt or inhibit these metabolic activities. With this premise in mind, the present Special Issue aims to collect papers concerning the investigation of the unconventional actions of dietary molecules (other than carbohydrate substances), or whole foods containing them, as positive or negative regulators of the commensal gut microbiota, in order to outline what can be defined as the 'correct prebiotic diet'.

Guest Editors

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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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