

Special Issue

Application of Gut Microbiota and Dietary Compositions in Functional Foods

Message from the Guest Editors

Some foods are rich in dietary components, which contribute significantly to human health and food quality through various physiological and biological activities based on their specific chemical structures. The superior antioxidant, anti-inflammatory, anti-aging, antidiabetic, and gut microbiota-modulating effects of dietary components have greatly facilitated their use as food ingredients or bioactive compounds in the field of functional foods. Dietary components can maintain intestinal microenvironmental homeostasis by influencing the population structure, metabolism, and intestinal cell function of intestinal flora, which in turn affects human health. On the other hand, the intestinal flora also participates in the absorption, metabolism, and transformation of these dietary components in the body, influencing their efficacy and improving their bioavailability, which is an indispensable role in the mechanism related to the efficacy of bioactive substances. Therefore, increasing effort is being dedicated to developing advanced functional foods and shedding light on the underlying mechanisms via which the desired therapeutic effect is achieved.

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.

Editor-in-Chief

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