

Special Issue

Fermented Foods, the Gut Microbiome and Human Health

Message from the Guest Editors

The human body is home to at least 100 trillion microorganisms, most of them inhabiting the human gut. Host–microbe interactions, such as immune modulation, and environmental factors, such as dietary habits, have been major drivers of the co-evolution of the human host–gut microbiome symbiosis. In particular, fermented foods usually contain live microbes and can be considered an unexplored reservoir of new probiotics or beneficial microorganisms. Indeed, besides transforming the substrates during fermentation, the food microbiome is also able to produce beneficial metabolites, such as vitamins or anti-inflammatory molecules. However, it remains unknown what fraction of the food microbiome is actively transferred to the gut, whether food strains are transient or able to colonize the human gut upon ingestion and what role they play in human health. The consumption of fermented foods has been associated with several health-promoting effects, although contrasting results are reported and their role in modulating the gut microbiome deserves further exploration.

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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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