

Special Issue

Links between Food Components, Dietary Habits, and Gut Microbiota Composition

Message from the Guest Editors

Diets are a well-known critical contributor to health and conditions. Accumulated evidence demonstrates that there are significant associations between gut microbes and dietary habits, foods, and nutrients. Certain diets or nutrients can regulate the gut microbiota, like increasing the relative abundance of beneficial bacteria and decreasing the proration of bad bacteria, which can restore the microbial structure and be beneficial to health. On the other hand, some food components like glucosinolates are difficult to digest in the upper gastrointestinal tract and must finally be converted to bioactive metabolites by intestinal microbes. Due to the complexity of diets and the difficulty of measuring their components, the details of the correlation between diets and microbes need to further be investigated, which will enhance our understanding of dietary strategy in complying with conditions.

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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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