

Special Issue

The Link Between Food Intake, Gut Microbiota and Human Health

Message from the Guest Editors

This Special Issue explores the impacts of **diet–gut microbiota interactions** on human health, focusing on nutritional, regulatory, and physiological aspects. We aim to address how dietary patterns influence microbial composition and the development of non-communicable diseases (NCDs). We invite the scientific community to submit research or reviews on the complex relationship between gut health and various agents. **Key topics** of interest include:

- **Food components** or nutrients that alter human intestinal microbiota.
- **Nutritional strategies**, including the use of prebiotics, probiotics, symbiotics, postbiotics, and bioactive compounds to restore microbial balance.
- The synergy between **gut microbiota and physical activity** in maintaining health and preventing disease.

We welcome manuscripts detailing the effects of both eubiosis-altering and dysbiosis-correcting agents. Join us in advancing the knowledge of this vital field.

Guest Editors

Prof. Dr. Alberto Cepeda Sáez
Dr. Jose M. Miranda
Dr. Alexandre Lamas

Deadline for manuscript submissions

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Foods

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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

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