

Special Issue

The Regulation of Gut Microbiota by Probiotics and Dietary Nutrients in Foods to Improve Human Health

Message from the Guest Editors

As research on gut microbiota continues to progress and penetrate deeper, it has been discovered that the gut flora represents an intricate and sophisticated ecosystem, with its composition and functions being subject to the influence of a multitude of factors. Among them, diet stands out as one of the principal determinants in molding the gut microbial community. Notably, probiotics and diverse dietary nutrients are capable of engaging in direct interactions with gut microorganisms. Comprehending the mechanisms by which probiotics and dietary nutrients modulate the gut microbiota and subsequently enhance human health holds substantial potential value in various realms, such as the innovation and advancement of functional foods, as well as the prevention and treatment of diseases. This, in turn, contributes to the refinement and optimization of dietary guidelines, facilitating the creation of more efficacious probiotic supplements and nutrient-enriched foods, thereby catering to the specific health requirements of diverse population segments. Therefore, we kindly invite you to submit original review/research articles with novel ideas/concepts related to this topic.

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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