

Special Issue

Food Ingredients and Gut Microbiota

Message from the Guest Editors

The gastrointestinal tract is a complex environment exposed to many dietary components and commensal bacteria. These dietary components can influence the composition of the gut microbiota, which acts as a real organ playing a key role in maintaining health. Furthermore, recent evidence suggests that gut microbes influence what the human host is able to extract from the diet, both nutritionally and energetically. It is for this reason that understanding the relationship between food and the gut microbiota, their interactions, and how each modulates the other is critical for the successful promotion of human health. Our knowledge on the impact of specific foods, nutrients, and other dietary components on the intestinal microbiota in a population is still limited. Currently, a large number of research works are focusing on the influence understanding of different dietary components on the microbiota as a mediator of human health as well as on the development of new foods or functional ingredients with a positive impact on the intestinal microbiota. For more details, please visit https://www.mdpi.com/journal/foods/special_issues/food_gut_microbiota.

Guest Editors

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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.

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