

Special Issue

Prebiotic Food and Human Health

Message from the Guest Editor

Prebiotics, being non-digestible dietary fibers, can be defined as the “selectively fermented food constituents that permit specific modifications in the composition and/or performance of the gut microflora, which then confer significant benefits upon host health”. This includes all carbohydrate-derived compounds, primarily oligosaccharides. Furthermore, inulin and oligofructose, resistant starch, galactooligosaccharides, wheat dextrin, psyllium, banana, and whole grain corn have also shown prebiotic effects. The health benefits of prebiotics are associated with their capabilities to promote gut barrier function and host immunity, attenuating the growth of potentially pathogenic bacteria and increasing the production of SCFAs. Maintaining optimal levels of all these three SCFAs may have a broader range of health benefits, including impacts on the progression of conditions associated with metabolic syndrome, such as type 2 diabetes, obesity, and CVD.

For this Special Issue, we strongly encourage the submission of articles related to prebiotic dietary fibers and their potential role in human health, particularly in the control and prevention of chronic diseases.

Guest Editor

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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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