

Special Issue

Prebiotics in Health and Disease

Message from the Guest Editors

Prebiotics are defined as “selectively fermented ingredients that result in specific changes, in the composition and/or activity of the gastrointestinal microbiota, thus conferring benefit(s) upon host health”. The human Gut Microbiome (GM) contains highly diverse microbial communities that provide metabolic, immunologic, and protective functions that play a crucial role in human health. The interaction of prebiotics and prebiotic-like fibers with GM has been the subject of intense research during the last decade, considered as the most significant development in nutrition research; diet regulates the composition and metabolic function of the GM. Therefore, consumption of specific dietary fibers and prebiotics could promote health and prevent disease. This Special Issue aspires to present current developments regarding the production, utilization and mechanisms of action in relation to health-promoting/disease-preventing effects of prebiotics and prebiotic-like fiber consumption, covering all aspects of this emerging, multidisciplinary, dynamic field.

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