



Dietary Compounds Impact on Human Gut Microbiome and Gut Health

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Message from the Guest Editor

Dear Colleagues,

While it is somewhat controversial that “you are what you eat”, there is increasing evidence that “your gut microbiome is what you eat”. Indeed, countless studies have shown that short- or long-term dietary habits result in distinct gut microbiome signatures. In the context of personalized medicine and nutrition, there is a crucial need for predictive models of the impact of specific dietary compounds on gut microbiome and gut health. The purpose of this Special Issue is therefore to provide a platform for researchers to report novel findings on the interplay between dietary bioactive compounds (defined as those available for microbial degradation and other metabolic pathways), the gut microbiome (and its associated metabolome), and gut health (especially inflammation and immunity markers).

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Guest Editor





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