



## Dietary Fibers and Human Health

Guest Editor:

### **Dr. Megan A. McCrory**

Department of Health Sciences,  
Sargent College of Health and  
Rehabilitation Sciences, 635  
Commonwealth Ave, Boston, MA  
02215, USA

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### **Message from the Guest Editor**

Dear Colleagues,

Dietary fiber has long been recognized for its role in digestive function. However, currently there is scientific debate about definitions (descriptive and analytical), optimal intake, and essentiality in the human diet. Dietary fiber is a key substrate for bacterial metabolism in the colon, which makes research on dietary fiber an important issue that complements current interest in the gut microbiota. Dietary fiber is also important for prevention and management of cardiovascular disease, diabetes, obesity, and other chronic diseases. This Special Issue will highlight recent research on dietary fiber content in foods and function in human health, ranging from digestive function to chronic disease prevention and management.

Clinical Assoc. Prof. Dr. Megan A. McCrory  
*Guest Editor*





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1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

### **Prof. Dr. Maria Luz Fernandez**

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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*Nutrients* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

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