

Special Issue

Artificial Intelligence in Personalized Wellbeing and Nutrition

Message from the Guest Editor

This Special Issue investigates the transformative role of artificial intelligence in redefining personalized wellbeing and nutrition. Modern nutrition science faces dual challenges: the complexity of individualized metabolic responses and the limitations of static dietary guidelines. This Special Issue investigates how artificial intelligence (AI) transforms personalized wellbeing through multimodal data integration and predictive precision. We spotlight AI methodologies that synergize machine learning, deep neural networks, and big data analytics to decode interactions between genomic predispositions, real-time biosensor data, dietary behaviors, and metabolic outcomes. This issue prioritizes three innovation tiers: (1) Predictive Modeling—Developing AI architectures for the early detection of nutrient deficiencies and diet-related chronic diseases; (2) Causal Mechanism Discovery—Advancing AI-driven frameworks to unravel causal relationships between diet, metabolism, gut microbes, and health; (3) Dynamic Intervention—Creating adaptive tools for real-time dietary monitoring, culturally sensitive meal planning, and microbiome-aware nutrition strategies.

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Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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