

Special Issue

Influence of Mediterranean Diet on Gut Microbiota

Message from the Guest Editors

Gut microbiota, influenced by dietary changes, correlate with health status. Evidence demonstrates that dietary patterns such as the 'Western diet' and dysbiosis in the gut microbiome have strong associations with a wide range of human diseases, including obesity, metabolic syndrome, type 2 diabetes and cardiovascular diseases. However, the consumption of Mediterranean-style diets is considered healthy and associated with the prevention of cardiovascular and metabolic diseases, colorectal cancers and many other diseases. Such beneficial effects of the Mediterranean diet might be attributed to its high proportion of fibers, mono- and poly-unsaturated fatty acids, antioxidants and bioactive compounds. Evidence suggests that the Mediterranean diet is able to modulate the gut microbiota, increasing its diversity. This Special Issue of *Nutrients* welcomes the submission of original research articles, reviews of the scientific literature, and clinical and experimental studies related to the relationship between Mediterranean diet and gut microbiota.

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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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