

## Special Issue

# Dietary Bioactives, Gut Microbiota, and Human Health

### Message from the Guest Editor

Gut microbiota exerts a fundamental role in human health, and new discoveries are linking gut microbiota dysbiosis with a plethora of diseases and health conditions. It seems that gut microbiota is behind whatever is happening in our bodies, before even we are born. From the variables that influence gut microbiota, diet is a key factor for gut microbiota modulation, since dietary substrates that reach the gut are used by gut microbiota as energy source. The impact of diet on gut microbiota is lifelong, starting with breast milk in the infancy. It is needed to investigate which and how gut microbiota metabolizes these dietary bioactive compounds, and which and how the resulting metabolites may further affect the intestinal microbial populations, human metabolism, and health. In this Special Issue, we will pay attention to those elements from diet that modulate gut microbiota. We know already some of them, but we need to know more, how they work and the health benefits that they confer through their effect on gut microbiota. We need to know how to take care of our invaluable microbial neighbours, so they will take care of us.

### Guest Editor

Dr. Sandra Martin-Pelaez

Department of Preventive Medicine and Public Health, University of Granada, 18010 Granada, Spain

### Deadline for manuscript submissions

closed (28 February 2022)



## Nutrients

an Open Access Journal  
by MDPI

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/si/76113](https://mdpi.com/si/76113)

*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)





# Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)



## About the Journal

### 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.

---

### Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

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

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

#### Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)