

Special Issue

Functional Foods for Metabolism Regulation and Disease Improvement

Message from the Guest Editor

Emerging evidence has indicated that functional foods are involved in regulating host health, as well as influencing the therapeutic effect of diseases, including allergy, obesity, inflammatory bowel disease, cancer, mental illness, and other diseases. Functional food interventions have been shown to have a significant potential on preventing and treating various diseases.

In this Special Issue, we welcome submissions including high-quality original research articles, clinical studies, and reviews that contribute innovative knowledge to understand functional foods and their potentials in diseases. Potential topics include but are not limited to the following:

- 1) The role of functional foods in the occurrence and development of diseases
- 2) Studies using metagenomics, metabonomics, and transcriptomics to reveal the interaction of functional foods and microbes in host health
- 3) Function and mechanisms of the dietary, prebiotics, probiotics, and symbiotics for personalized nutrition in prevention and treatment of diseases
- 4) Studies characterizing gut microbiota on disease development, host immunity, to reveal deeper mechanisms between functional foods and host health

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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.

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