

Special Issue

Nutritional Interventions to Shift the Gut Microbiome for Gut and Systemic Health

Message from the Guest Editors

In this Special Issue of *Nutrients*, we wish to bring together high-quality papers focusing on the role of the microbiome in mediating the beneficial health effects of nutritional interventions. Such interventions may include 1) broad shifts in the basal diet or studies investigating different nutritional patterns (e.g., the Mediterranean diet or Western-type diet), 2) interventions with functional whole foods or food extracts, or 3) interventions with individual or combined bioactive food components or specific vitamins or minerals.

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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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