

Special Issue

Lifestyle, the Gut Microbiome, and Our Well-Being

Message from the Guest Editor

In this Special Issue, we aim to include articles that explore the impact of gut microbes and lifestyle choices on our well-being and the development of chronic diseases. Our lifestyle choices affect our gut microbiota, both beneficially and detrimentally, ultimately impacting our health and the development of chronic diseases. For example, the diet we eat is a lifestyle choice; the Western diet produces a distinct gut microbiota pattern compared to cultures with a higher fiber and lower saturated fat, sugar and sodium intake. Notably, many chronic diseases are associated with Western culture. Thus, papers which highlight the effect of lifestyle on the gut microbiome and our well-being are welcome.

Guest Editor

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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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