

Special Issue

Precision Nutrition and Human Health

Message from the Guest Editors

Precision nutrition, a relatively novel area of research, addresses individualized characteristics and utilizes cutting-edge assessment tools to promote a healthier life and decrease the risk of developing a chronic disease. The discovery of gene variants, associated with ethnicity or race, has provided important information related to gene–diet interactions. Further, research suggests that diet responses and health outcomes may also be influenced by sex-specific differences, age and life stage, unique microbiome profiles, metabolic status, etc. Thus, precision nutrition will play a key role in future recommendations for protecting individuals against chronic disease.

This Special Issue will focus on “Precision Nutrition” insofar as it pertains to most novel information regarding gene–diet interactions and population-specific diet responses and how this relates to chronic disease. We are interested in original research that focuses on the identification of novel gene–diet interactions and individualized diet responses, as well as data that confirm gene–diet interactions and precision nutrition evidence that has previously been established.

Guest Editors

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

Dr. Catherine J. Andersen

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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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.

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 (UIBS), 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

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