

Special Issue

Precision (Personalized) Nutrition

Message from the Guest Editor

Nutrition studies widely suffer from insufficient evidence. This is due to the diversity of foods, food preparation, the low effectiveness of interventions, and the long time horizon one needs to observe a population of interest. Our intermediary metabolism handles thousands of substances every day and shifts them into anabolic pathways or prepares them for excretion. There are slight differences in the enzymatic activities of each of us. These alterations determine whether a nutritional modification or supplementation is more or less effective in a certain individual. Additionally, minimal deviations might predict the outcome or interpretation of interventions and could increase the significance of studies. Therefore, we need to stratify our intervention groups better according to their individual requirements. This Special Issue should collate the latest research in the field of individual responses to defined nutritional interventions with experimental studies. Gastro-intestinal (host) factors determining microbiota diversity, digestion, uptake, and nutrient handling, based on a genetic or epigenetic variation, should be examined.

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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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