

## Special Issue

# Interactions Between Diet, Gut Microbiota, and Adiposity: Implications for Human Health

### Message from the Guest Editors

Diet is a modifiable factor essential for the regulation of adiposity, with major implications for metabolic health. Recent research has shown that diet influences the composition and function of the gut microbiota. A balanced diet can help prevent adiposity and associated metabolic disorders while promoting intestinal eubiosis, whereas an unbalanced diet can promote obesity and gut dysbiosis, which, in turn, may further contribute to increased adiposity and related metabolic disorders. This Special Issue brings together research exploring the interactions between human diet, gut microbiota, and adiposity. We welcome original research, narrative or systematic reviews, and meta-analyses in humans (interventional and observational studies) or animal models, investigating how dietary patterns and specific nutrients influence microbiota diversity and function, adiposity, inflammation, insulin sensitivity, and obesity-related disorders.

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### Guest Editors

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### Deadline for manuscript submissions

5 September 2026



## Nutrients

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Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



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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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