

Special Issue

Personalized Nutrition and Human Gut Microbiota

Message from the Guest Editors

The evolution of science and medicine has heralded a shift from group-level to individual-level interventions, marking the direction of precision nutrition. Studies indicate that a one-size-fits-all dietary approach may fall short of addressing the unique nutritional requirements of each individual. This difference is attributed to a lot of factors, including genetic and developmental variations. While these host-specific differences are inherent and largely immutable, the gut microbiota is easier to modify by environmental influences, such as dietary patterns. The gut microbiota, an important component of the human gastrointestinal system, plays a vital role in maintaining metabolic homeostasis and physiological equilibrium. The variability and composition of the gut microbiota are closely associated with dietary habits, suggesting a reciprocal relationship. By examining this interplay, it can delineate the contact between dietary intake and gut microbiota, thereby facilitating targeted nutritional planning and designing personalized nutrition to modulate the microbiota and promote human health.

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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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