

Special Issue

A Path Towards Personalized Smart Nutrition

Message from the Guest Editor

Personalized smart nutrition is a tailored approach to dietary planning and management utilizing advanced technology, data analytics, and artificial intelligence (AI) to create individualized nutrition plans. Additionally, it requires robust infrastructure for data privacy and security and collaboration among healthcare providers, nutrition experts, and tech companies to deliver comprehensive and user-friendly solutions.

Possible innovative solutions include 1. genetic and biomarker analysis; 2. metabolic profiling, 3. data-driven recommendations; 4. behavioral insights; and 5. continuous monitoring and feedback. The tools and technologies involved are wearable devices (track physical activity, heart rate, and other vital statistics), mobile apps (assist with food logging, and nutrient tracking, and provide real-time recommendations), AI and machine learning (analyze large datasets to deliver personalized nutrition advice), and genomic testing kits (provide insights into how an individual's DNA influences their nutritional needs).

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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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