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Dietary Fiber and Gut Microbiota

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Message from the Guest Editors

The European Food Safety Authority provided a recent definition of dietary fiber as ‘non-starch polysaccharides, all resistant starches, all non-digestible oligosaccharides with three or more monomeric units and other non-digestible, but quantitatively minor components that are associated with dietary fiber polysaccharides, especially lignin’. Dietary fiber could influence individual gut microbiota directly or via alterations in gut transit and digestive functions. The role of the gut microbiota and its contribution to health is being increasingly recognized. The relationship between dietary fiber and the gut microbiota is complex. Understanding this relationship is an important perspective for nutrition and health.

The present Special Issue aims to collect papers concerning the investigation of the chemical structure and function of dietary fiber, or whole foods containing them, as positive or negative regulators of the commensal gut microbiota.

We are inviting you to submit a review or research paper to the upcoming Special Issue “Dietary Fiber and Gut Microbiota” to be published in the journal *Foods*.



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Special Issue



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Message from the Editor-in-Chief

Foods (ISSN 2304-8158) is an open access and peer reviewed scientific journal that publishes original articles, critical reviews, case reports, and short communications on food science. Articles are released monthly online, with unlimited free access. Currently, *Foods* has been indexed by the Science Citation Index Expanded (SCIE - Web of Science), PubMed, and Scopus. Our aim is to encourage scientists, researchers, and other food professionals to publish their experimental and theoretical results as much detail as possible. We therefore invite you to be one of our authors, and in doing so share your important research findings with the global food science community.

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