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Links between Food Components, Dietary Habits, and Gut Microbiota Composition

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Message from the Guest Editors

Diets are a well-known critical contributor to health and conditions. Accumulated evidence demonstrates that there are significant associations between gut microbes and dietary habits, foods, and nutrients. Certain diets or nutrients can regulate the gut microbiota, like increasing the relative abundance of beneficial bacteria and decreasing the proportion of bad bacteria, which can restore the microbial structure and be beneficial to health. On the other hand, some food components like glucosinolates are difficult to digest in the upper gastrointestinal tract and must finally be converted to bioactive metabolites by intestinal microbes. Due to the complexity of diets and the difficulty of measuring their components, the details of the correlation between diets and microbes need to further be investigated, which will enhance our understanding of dietary strategy in complying with conditions.



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