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Editorial Board Members' Collection Series in “Thought for Food: Diet and Gut Health”

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Message from the Guest Editors

The gut microbiota performs a fundamental role in the promotion of host health, influencing most of our physiological processes due to its metabolic role, influence on the immune system and the intestinal barrier, and the microbiota–brain communication axis. Diet is one of the factors that most influences the microbial ecosystem and can enhance its diversity and the presence of health-beneficial microorganisms, but it can also promote a less-diverse microbial ecosystem with lower functionality and the presence of bacteria that contribute to disease. For these reasons, diet emerges as an essential tool for microbiota modification and health promotion. However, although there are dietary patterns that benefit the microbiota and host’s health in general, the individual responses depend on gut microbiota; thus, it is necessary to direct research towards the personalization of diets based on gut microbiota, establishing its influence on the microbiota network to obtain the best results.



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Special Issue



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Message from the Editor-in-Chief

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