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Fermented Foods, the Gut Microbiome and Human Health

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Message from the Guest Editors

The human body is home to at least 100 trillion microorganisms, most of them inhabiting the human gut. Host–microbe interactions, such as immune modulation, and environmental factors, such as dietary habits, have been major drivers of the co-evolution of the human host–gut microbiome symbiosis. In particular, fermented foods usually contain live microbes and can be considered an unexplored reservoir of new probiotics or beneficial microorganisms. Indeed, besides transforming the substrates during fermentation, the food microbiome is also able to produce beneficial metabolites, such as vitamins or anti-inflammatory molecules. However, it remains unknown what fraction of the food microbiome is actively transferred to the gut, whether food strains are transient or able to colonize the human gut upon ingestion and what role they play in human health. The consumption of fermented foods has been associated with several health-promoting effects, although contrasting results are reported and their role in modulating the gut microbiome deserves further exploration.



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Message from the Editor-in-Chief

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