

Special Issue

New Insights into Nutritional Regulation on Gut Microbiota

Message from the Guest Editor

Nutritional regulation plays a crucial role in shaping the composition and function of the gut microbiota. Disruptions of a balanced gut microbiota, known as dysbiosis, have been linked to several health conditions. Although extensive studies have focused on nutrient-specific effects on the gut microbiota, there is a need for diet/food microbiome research. A balanced diet rich in specific nutrient components can improve digestion, bolster immune function, and reduce the risk of various diseases. It is noted that complex nutrients make up a diet or a food, which are adjusted to very personal health conditions. Moreover, precision nutrition can better a person's regulation of their gut microbiota and, consequently, their health outcomes; this can be achieved using our knowledge of the nutritional regulation of the gut microbiota. This Special Issue welcomes original basic/translation research, clinical trials, and reviews with a focus on the regulation of nutrients, foods, diets, and, of course, on the gut microbiota and associated metabolites to improve one's sub-health and prevent or manage various diseases.

Guest Editor

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