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Dietary Bioactives, Gut Microbiota, and Human Health

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Message from the Guest Editor

Gut microbiota exerts a fundamental role in human health, and new discoveries are linking gut microbiota dysbiosis with a plethora of diseases and health conditions. It seems that gut microbiota is behind whatever is happening in our bodies, before even we are born. From the variables that influence gut microbiota, diet is a key factor for gut microbiota modulation, since dietary substrates that reach the gut are used by gut microbiota as energy source. The impact of diet on gut microbiota is lifelong, starting with breast milk in the infancy. It is needed to investigate which and how gut microbiota metabolizes these dietary bioactive compounds, and which and how the resulting metabolites may further affect the intestinal microbial populations, human metabolism, and health. In this Special Issue, we will pay attention to those elements from diet that modulate gut microbiota. We know already some of them, but we need to know more, how they work and the health benefits that they confer through their effect on gut microbiota. We need to know how to take care of our invaluable microbial neighbours, so they will take care of us.



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