



Impact of Dietary Components on Gut Microbiota

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Message from the Guest Editor

The essential role of diet in human health has been widely demonstrated. The triple interaction between the non-digestible components of a diet (dietary fiber and associated bioactive compounds), the colonic microbiota, and the intestinal cells determines the health of the gut ecosystem and, consequently, of the body. Dysbiosis is also known to be a potent risk factor for numerous organic alterations related to food behavior, obesity, immunity, diabetes, etc. However, a dietary pattern including a great variety of foods rich in dietary fiber and bioactive compounds is associated with a “healthy microbiota” that enhances the wellness of the intestinal ecosystem.

This Special Issue entitled “Impact of dietary components on the gut microbiota” welcomes the submission of original research manuscripts, reviews, clinical trials, interventions studies, or meta-analyses concerning the relationships between food components, ingredients, or whole diets and the colonic microbiota, as well as their role in human health.





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