



## Precision (Personalized) Nutrition

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### **Message from the Guest Editor**

Nutrition studies widely suffer from insufficient evidence. This is due to the diversity of foods, food preparation, the low effectiveness of interventions, and the long time horizon one needs to observe a population of interest.

Our intermediary metabolism handles thousands of substances every day and shifts them into anabolic pathways or prepares them for excretion. There are slight differences in the enzymatic activities of each of us. These alterations determine whether a nutritional modification or supplementation is more or less effective in a certain individual. Additionally, minimal deviations might predict the outcome or interpretation of interventions and could increase the significance of studies. Therefore, we need to stratify our intervention groups better according to their individual requirements.

This Special Issue should collate the latest research in the field of individual responses to defined nutritional interventions with experimental studies. Gastro-intestinal (host) factors determining microbiota diversity, digestion, uptake, and nutrient handling, based on a genetic or epigenetic variation, should be examined.





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