



Food Processing and Human Health: Impact on Nutritional, Safety, and Organoleptic Properties of Foods

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Message from the Guest Editors

The gut microbiome of humans comprises trillions of microorganisms, including symbiotic and commensal organisms and opportunistic pathogens. This microbiota plays a significant role in digesting food; it also helps absorb and synthesise some nutrients and releases their metabolites, directly or indirectly influencing human health. In addition, diet modulates the gut microbiome, which, in turn, can impact the immune system. Therefore, an unbalanced diet may lead to the progression and development of human diseases. These include metabolic and inflammatory disorders, cancer and depression and can also impact infant health and longevity. Food processing is a crucial factor determining the amount and type of nutrients and antinutrients reaching the gut microbiota. Recognising the importance of the gut microbiome in developing diet-related disease has implications for future research, general dietary advice, personalised nutrition and food manufacturing practices.





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