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## Dietary Components, Health and Disease

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Deadline for manuscript  
submissions:

**closed (31 January 2022)**

### Message from the Guest Editor

In recent years, more and more attention has been paid to the associations of dietary components with human health and diseases by regulating the different axes, such as diet-gut-brain axis, and diet-gut-liver axis. However, the composition of diets is quite complicated. Some components are beneficial to human health at the recommended dose, but they may be harmful to our health once the dietary intake is excessive. It is a challenge to keep a balance between the diversity/amount of diets and health maintenance / disease prevention.

This Special Issue of the *Foods* is seeking research or review articles focusing on: functions of dietary components and supplements, in vivo or in vitro digestibility of dietary components, the impact of diets or supplements on health and disease.



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# Special Issue



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## Message from the Editor-in-Chief

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