



*nutrients*



an Open Access Journal by MDPI

## Precision (Personalized) Nutrition

Guest Editor:

### **Prof. Dr. Thomas Skurk**

1. ZIEL Institute for Food and Health, Technical University of Munich, 85354 Freising, Germany  
2. Else Kröner-Fresenius-Center of Nutritional Medicine, Technical University of Munich, 80992 Munich, Germany

Deadline for manuscript submissions:

**closed (20 December 2022)**

### **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.



[mdpi.com/si/103268](https://mdpi.com/si/103268)

# Special Issue



# ***nutrients***



an Open Access Journal by MDPI

## Editors-in-Chief

### **Prof. Dr. Lluís Serra-Majem**

1. Centro de Investigación  
Biomédica en Red Fisiopatología  
de la Obesidad y la Nutrición  
(CIBEROBN), Institute of Health  
Carlos III, 28029 Madrid, Spain  
2. Research Institute of  
Biomedical and Health Sciences  
(IUIBS), University of Las Palmas  
de Gran Canaria, 35001 Las  
Palmas, Spain  
3. Preventive Medicine Service,  
Centro Hospitalario Universitario  
Insular Materno Infantil (CHUIMI),  
Canarian Health Service, 35016  
Las Palmas, Spain

### **Prof. Dr. Maria Luz Fernandez**

Department of Nutritional  
Sciences, University of  
Connecticut, Storrs, CT 06269,  
USA

## Author Benefits

**Open Access:** free for readers, with article processing charges (APC) paid by authors or their institutions.

**High Visibility:** indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

**Journal Rank:** JCR - Q1 (*Nutrition & Dietetics*) / CiteScore - Q1 (*Nutrition and Dietetics*)

## Contact Us

*Nutrients* Editorial Office  
MDPI, St. Alban-Anlage 66  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
[www.mdpi.com](http://www.mdpi.com)

[mdpi.com/journal/nutrients](http://mdpi.com/journal/nutrients)  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)  
[X@Nutrients\\_MDPI](https://x.com/Nutrients_MDPI)