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*Special Issue Reprint*

## **Food Environment and Its Effects on Human Nutrition and Health**

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In addition to the proportions of foods we include in our diet, there are other conditioning factors that can affect the effects of these foods on human health. Thus, food contributions of bacteria, viruses, fungi, food additives, residues of chemical substances, or exosomes can have an important effect on human health. Similarly, lifestyle factors, such as the timing of meals, gastronomy, food policies and labeling, or work type also have a significant effect on human health. Simultaneously, over the last decade, there has been a great advance in technologies that enable further study and research into the effect of these factors on food and human health. These technologies include epigenetics, epigenomics, metagenomics, transcriptomics, and metabolomics. Disciplines such as chrononutrition and precision nutrition have also experienced enormous progress. The aim of the following Special Issue is to provide an update on the knowledge of all of the environmental factors and disciplines that, although not modifying the type of food ingested, do play an important role in human nutrition and therefore in the health of people, especially regarding metabolic diseases.



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