

Special Issue

Glycemic Index and the Factors Affecting the Digestibility of Starchy Foods

Message from the Guest Editor

Obesity and diabetes are becoming major public health problems in the world. Since eating high-glycemic index (GI) foods can lead to a rapid high postprandial reaction that lasts for a long time, it is recommended to consume low-GI foods. Starches and starch-containing foods could be classified according to their digestibility, usually characterized by the speed and duration of the blood sugar response. The gastrointestinal tract is mainly affected by the hydrolysis of carbohydrates during digestion. As quickly digested carbohydrates increase, the blood sugar response also increases. The blood sugar response of starch-based foods depends on various factors, such as starch granule size, degree of processing, cooking method, starch structure and the interaction of other components (dietary fiber, protein, fat). We try to use and expand the physical, chemical, and enzymatic technology to personalize starch-based foods' control and clarify the underlying mechanism through the granular, crystalline, and layered starch structure at all levels. Welcome to participate in this Special Issue.

Guest Editor

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Deadline for manuscript submissions

closed (20 February 2023)



Foods

an Open Access Journal
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Impact Factor 5.1
CiteScore 8.7
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Message from the Editor-in-Chief

Foods (ISSN 2304-8158) is an open access and peer reviewed scientific journal that publishes original articles, critical reviews, case reports, and short communications on food science. Articles are released monthly online, with unlimited free access. Currently, *Foods* has been indexed by the Science Citation Index Expanded (SCIE - Web of Science), PubMed, and Scopus. Our aim is to encourage scientists, researchers, and other food professionals to publish their experimental and theoretical results as much detail as possible. We therefore invite you to be one of our authors, and in doing so share your important research findings with the global food science community.

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