

Special Issue

Functionality of Sugars in Foods and Health

Message from the Guest Editors

Apart from the functional roles of sugar in foods, the ongoing discussion of dietary sugar and health is characterized by sharply conflicting recommendations and emotionally charged controversy. Dietary sugars as a subset of carbohydrates are a diverse group of molecules that range from simple sugars to highly complex polysaccharides, such as starch, dietary fiber, and oligosaccharides. The importance of carbohydrates in human nutrition cannot be overstated; they are the principal energy source for healthy human beings throughout the world.

One of several key elements of existing policies and guidelines focuses on improved weight management in an era of universally increased body weight. The variable quality of epidemiologic research focusing on sugar is a major obstacle to achieving clinically meaningful recommendations for consumption.

This Special Issue welcomes original high-quality research papers and review articles that address the myriad roles of sugar in health, disease, and focus on the tenuous proposition that sugars act as putative culprits for metabolically-based diseases such as obesity, diabetes, and cardiovascular disease.

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About the Journal

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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