



The Relevance of Glycaemic Load for Human Health

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Message from the Guest Editor

Dear Colleagues,

Glycaemic load (GL) defines the overall glycaemic impact of carbohydrate consumption and can be modified by lowering either the glycaemic index (GI) or the available carbohydrate content. Diets with a lower glycaemic response are associated with a wide range of health benefits and are specifically linked to a decreased risk of type 2 diabetes and cardiovascular events. Yet, further research on the topic of glycaemic load and human health is needed to fill research gaps, such as (1) the relevance in populations other than adults, such as children and adolescents; (2) GI data of regional foods; (3) novel methods to measure glycaemic responses in different settings/populations; (4) the estimation of dietary GL, particularly in epidemiological studies; (5) the relevance of different postprandial windows (1h vs 2h vs 3h); (5) aspects considering the diurnal rhythm of glucose homeostasis; (6) how to improve compliance with a low-GL diet; (7) and the sustainability of low-GL diets.

This Special Issue of *Nutrients* therefore encourages the submission of original research or systematic reviews (including meta-analyses) addressing the above-mentioned research gaps.





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