Fructose and Glucose for Human Health

Message from the Guest Editor

Dear Colleagues,

Fructose triggers hereditary or acquired intolerances in selected individuals. More recently, fructose consumed in high amounts has been associated with metabolic diseases. High sugar intake was identified as a risk factor for a number of diseases such as metabolic liver disease, dyslipidosis, and dysbiosis. In particular, with regard to metabolic disease, fructose has more deteriorating effects compared to glucose or sucrose. This notion is to a large part based on rodent studies and not as clear in humans. The underlying mechanisms are not fully understood. The clinical consequences are a matter of discussion. Possibly, new recommendations regarding fructose intake need to be considered. In the special issue, we invite you to address these questions and to propose instructions for diet and diagnostics whenever appropriate.

Thank you for your contribution!

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Message from the Editorial Board

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