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Impact of Dietary Fiber on Insulin Resistance and the Prevention of Diabetes

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Message from the Guest Editor

Dear Colleagues,

The goal of this Special Issue, “Impact of Dietary Fiber on Insulin Resistance and the Prevention of Diabetes”, is to review and discuss the role of dietary fiber, and fiber-containing foods, on diabetes control and prevention. Insulin resistance is a key causative defect in the pathophysiology of diabetes, particularly type 2. Diet is a cornerstone of diabetes treatment; it can combat diabetes’ effects, insulin resistance and the risk of developing diabetes in predisposed individuals. Dietary fiber (DF), usually classified as either soluble or insoluble, is an important vegetal component in the diet. The effects of DF could be relevant to satiety, weight control, gastric emptying, intestinal transit time, nutrient absorption, insulin-resistance, gastrointestinal hormone secretion and provision of active nutritional elements. The focus on the mechanism(s) and the effects of DF in diabetes is rapidly growing due to its prevalence in many popular foods (cereals, vegetables, fruit). There is specific interest regarding the effect(s) of the insoluble fiber of scarcely processed foods, such as whole grains.



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Special Issue



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