

## Special Issue

# Featured Papers on Dietary Carbohydrates and Human Health

### Message from the Guest Editors

The current Feature Paper Special Issue addresses key emerging topics in carbohydrate research across preclinical, translational, and clinical domains. These include the following:

1. Assessment of dietary carbohydrate quality. Researchers are developing novel metrics to better evaluate carbohydrate quality and its impact on chronic conditions.
2. Health effects of added and free sugars.
3. Fibre and prebiotics, a field under active investigation for its role in gut health and disease prevention, with growing interest in functional carbohydrates that promote beneficial gut microbiota.
4. Carbohydrate-restricted diets and their long-term health effects.
5. Clinical relevance of glycaemic index and glycaemic load remains a topic of debate, with mixed evidence regarding their effectiveness in preventing metabolic diseases. There is also increasing interest in plant-based, low-glycaemic carbohydrate sources and the application of machine learning to enhance dietary surveillance and food composition databases.

High-quality original research manuscripts, as well as systematic reviews and meta-analyses, are welcomed for submission.

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### Guest Editors

Prof. Dr. Juan Carlos Laguna  
Prof. Dr. Nuria Roglans  
Prof. Dr. Marta Alegret

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### Deadline for manuscript submissions

20 July 2026



## Nutrients

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## About the Journal

### Message from the Editorial Board

*Nutrients* is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

### Editors-in-Chief

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