

Special Issue

Sugar, Sweeteners Intake and Metabolic Health

Message from the Guest Editor

Added sugar has long been implicated in obesity and dental caries. High fructose corn syrup found in soft drinks has also been reported to be associated with obesity. Therefore, the WHO recommends limiting added sugar to less than 5% of the total energy. Artificial sweeteners and adverse health effects have also been reported. Some artificial sweeteners (sucralose saccharin) have been reported to worsen glucose tolerance via the gut microbiota. This Special Issue addresses the need for basic research on obesity, impaired glucose tolerance caused by fructose and artificial sweeteners, and clinical research to clarify the relationship between added sugar and artificial sweeteners and various diseases. In setting up this Special Issue, since many review articles on fructose and artificial sweeteners have been reported thus far, we will limit the number of articles to those judged based on original perspectives.

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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.

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