

Special Issue

Low-Glycemic-Load Diets: Impact on Health and Disease

Message from the Guest Editor

Diet is an important factor involved in the pathogenesis of various modern diseases (obesity, diabetes mellitus, cardiovascular and psychoneurological disease) and their complications. On the other hand, dietary intervention constitutes the first step in therapeutic intervention. Glycemic load reflects the effect of dietary carbohydrates on postprandial glucose concentrations. High- and low-glycemic-load diets affect disease development and prognosis in a negative and positive way, respectively. Awareness of how low-glycemic-load diets can affect human health is increasing, but more research is needed to understand their real effect on health and disease and whether they are a critical element in dietary planning for the management of various diseases.

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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.

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