

Special Issue

The Functional Properties and Health Benefits of Carbohydrates

Message from the Guest Editors

We invite researchers and experts to contribute to this Special Issue titled “The Functional Properties and Health Benefits of Carbohydrates.” This Special Issue aims to highlight advances in precision nutrition, to tailor carbohydrate intake and management to individual biological characteristics, while also addressing emerging, next-generation research on carbohydrates that supports global sustainable development goals.

Beyond their nutritional value and contributions to immune function, carbohydrates play critical roles in digestion, modulation of the gut microbiome, and host metabolic regulation. Accordingly, this Special Issue focuses on research that links the functional and structural properties of carbohydrates to nutritional performance, digestive behavior, bioaccessibility, and health-related outcomes in human nutrition contexts.

We welcome high-quality original research and review articles addressing strategies to enhance the nutritional and health-relevant functionalities of carbohydrates, for the development of safe, functional foods that support human health.

Guest Editors

Dr. Taskeen Niaz

National Alternative Protein Innovation Centre (NAPIC), School of Food Science and Nutrition, University of Leeds, Leeds LS2 9JT, UK

Prof. Dr. Alan Mackie

School of Food Science and Nutrition, University of Leeds, Leeds, UK

Deadline for manuscript submissions

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Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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About the Journal

Message from the Editor-in-Chief

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

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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