

Special Issue

Dietary Polysaccharides: Functional Properties and Health Implications

Message from the Guest Editor

Dietary polysaccharides, found abundantly in plants, are key components of the human diet and play a significant role in health. They are classified into starch (α-glucans) and non-starch polysaccharides (dietary fibre), both widely used as functional foods due to their bioactive properties.

Starch, present in cereals, potatoes, legumes, and bananas, serves as the primary energy source, while cell wall polysaccharides form the main component of dietary fibre. Some starches are modified through processing or breeding to enhance functionality.

Growing evidence links dietary polysaccharides to the management of non-communicable diseases such as obesity, diabetes, cardiovascular disease, and cancer, making this a dynamic area of research.

This Special Issue aims to explore the relationship between dietary polysaccharides and human health, focusing on food processing modifications, functional properties, and gastrointestinal effects.

We welcome original research and reviews on this important topic.

Guest Editor

Prof. Dr. Omorogieva Ojo

School of Health Sciences, University of Greenwich, Avery Hill Campus, London SE9 2UG, UK

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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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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.

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Prof. Dr. Maria Luz Fernandez

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

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