

Special Issue

Carbohydrates and Pathology

Message from the Guest Editor

Current research shows how numerous current pathologies and psychopathologies have an important behavioral basis. In terms of patient behavior, the style of a diet is a basic parameter in the development of many of these diseases. The distribution of macronutrients, their origin and their cooking method become important parameters that modify the quality of the subject's diet. When analyzing the components of the diet, the high consumption of carbohydrates, especially sugars and refined carbohydrates, can represent a crucial factor for the patient's health. Consumption of these carbohydrates has been related to inflammatory bowel diseases, dysregulations of the nervous system, psychological illnesses such as depression, and metabolic disorders. Thus, this Special Issue aims to analyze the role of carbohydrates in the development of certain pathologies, focusing mainly on, but not exclusively, metabolic disorders, inflammatory diseases, cardiovascular diseases, mental illness and cancer. Research articles, case reports and reviews in these areas are welcome in this Special Issue.

Guest Editor

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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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