

Special Issue

Fructose and Glucose for Human Health

Message from the Guest Editor

Fructose triggers hereditary or acquired intolerances in selected individuals. More recently, fructose consumed in high amounts has been associated with metabolic diseases. High sugar intake was identified as a risk factor for a number of diseases such as metabolic liver disease, dyslipidosis, and dysbiosis. In particular, with regard to metabolic disease, fructose has more deteriorating effects compared to glucose or sucrose. This notion is to a large part based on rodent studies and not as clear in humans. The underlying mechanisms are not fully understood. The clinical consequences are a matter of discussion. Possibly, new recommendations regarding fructose intake need to be considered. In the special issue, we invite you to address these questions and to propose instructions for diet and diagnostics whenever appropriate. Thank you for your contribution!

Dr. Stephan C. Bischoff

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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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