

Special Issue

Recent Advances in Dietary Polysaccharides for Human Health and Diseases

Message from the Guest Editors

The intake of food carbohydrates, particularly complex ones such as starch and non-starch polysaccharides, is a significant component of the human diet. Recent research in food and nutritional sciences has provided a more in-depth understanding of why and how dietary polysaccharides impact human health and diseases beyond their conventional nutritional roles. Due to their diverse chemical structure and physical characteristics, dietary polysaccharides (both native and modified ones), exhibit multifunctional properties in the direct and indirect prevention and treatment of various human health problems such as metabolic diseases and cancer. Some dietary polysaccharides also possess prebiotic properties, potentially improving gut microbiome composition and function.

This Special Issue will focus on recent advances in investigating dietary polysaccharides including, but not limited to, both starch and non-starch polysaccharides on human health and diseases. It aims to particularly emphasize the mechanistic correlation of the chemical structure and biological/physiological functions of dietary polysaccharides and their application in our diet as a functional food ingredient.

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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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