

Special Issue

Carbohydrate-Restricted Diets and Human Disease

Message from the Guest Editors

For decades, carbohydrates have been very controversial in the context of diabetes mellitus and its development, as well as in the context of diabetes control. Diet trends come and go, and very often we are left confused about what should be recommended, and what kind of diet should be followed. Therefore, findings from studies have very important implications. They help us to understand how much energy intake should be obtained from carbohydrates and other nutrients to prevent and to control diabetes mellitus, but they also provide evidence of the efficacy and safety of low or very low carbohydrate diets. This Special Issue aims to focus on new evidence or reviews of current literature about the effects and health outcomes of carbohydrate-restricted diets in diabetes mellitus development and control.

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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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