

Special Issue

Diet Quality and Glycaemia

Message from the Guest Editors

The ability to appropriately modulate circulating glucose levels throughout the day, despite large fluctuations in supply and demand, is key to good metabolic health. As such, the increasing global prevalence of all forms of dysglycaemia associated in large part with increasing obesity prevalence (e.g., prediabetes, type 2 diabetes (T2D), gestational diabetes) poses a significant risk to health that spans age, gender, ethnicity, and socio-economic status. Diet quality plays an inherent role in modulating glycaemia, whether through alteration in the overall macro- and micro-nutrient composition, the glycaemic index or glycaemic load of its components, or the patterns and quantities in which food is consumed. Therefore, this Special Issue welcomes contributions that span the breadth of this relationship, including original research articles, systematic reviews, and meta-analyses. Potential topics include, but are in no way limited to: macronutrient intake, expenditure, and balance; dietary diversity; dietary adequacy; functional food ingredients; and ethnic, cultural, or sex-specific considerations, across the lifecycle, in healthy and T2D cohorts.

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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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