

Special Issue

Dietary Glycemic Index and Glycemic Load: Clinical Significance and Limitations in the Prevention, Pathophysiology, and Treatment of Disease

Message from the Guest Editors

The glycemic index (GI) was introduced to facilitate carbohydrate exchange in meal planning strategies. This index was subsequently extended to take into account the total amount of carbohydrates in a meal (glycemic load (GL)). There is evidence suggesting that carbohydrate quality is linked to human health. The consumption of high GI/GL foods increases the following: (1) obesity, T2D, dyslipidemia, hypertension, coronary heart disease, and stroke; (2) risk of certain cancers; (3) the activity of brain regions related to reward and craving; and (4) glucose fluctuations and oxidative stress. GI and GL have also been linked to exercise performance. However, although these indices are practical in estimating the plasma glucose-raising potential of foods' carbohydrate contents, their value may be limited, because postprandial glucose excursions may depend on factors such as tissue sensitivity to insulin, the fat/fiber content of meals, time spent consuming meals, method of cooking food, intestinal microbiota, consuming vegetables before carbohydrates when eating, and consuming/skipping breakfast.

Guest Editors

Prof. Dr. George Dimitriadis

2nd Department of Internal Medicine, Research Institute and Diabetes Center, "Attikon" University Hospital, National and Kapodistrian University of Athens, Athens, Greece

Dr. Vaia Lambadiari

2nd Department of Internal Medicine Research Unit and Diabetes Centre, Attikon Hospital, Medical School, National and Kapodistrian University of Athens, Rimini 1 Street, Chaidari, 12462 Athens, Greece

Deadline for manuscript submissions

closed (20 July 2021)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/29485

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)



About the Journal

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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (UIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)