diabetology

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Nutritional Modulation of Dietary Sugars as a Strategy to Improve Insulin Resistance and Energy Balance in Diabetes

Guest Editor:

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Deadline for manuscript submissions:
closed (30 September 2022)

Message from the Guest Editor

Lifestyle changes towards less healthy behaviors with the increased consumption of westernized diets. The consumption of added sugars contributes to an increased energy density of the diet, leading to a positive energy balance, higher waist circumference, and weight gain, increasing the risk of obesity and type 2 diabetes.

Sugars may be divided into two distinct groups: those naturally present and those added to foods. Natural or intrinsic sugars are naturally present in foods. The added sugars are a large group of mono- and di-saccharides added to foods during processing, preparation, or at the table, with the objective of sweetening and increasing food palatability and shelf life, improving texture, inhibiting growth microorganisms in high concentrations, giving functional structures, or offering more accessibility. The impact of dietary sugars on the pathophysiological mechanisms of type 2 diabetes and its complications is not entirely understood. This Special Issue will explore the association between the excessive consumption of dietary sugars, their sources and types, as well as their different impact in several features of type 2 diabetes etiology and mechanisms of disease