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Dietary Carbohydrate Digestibility and Metabolic Effects on Human Health

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Deadline for manuscript submissions:

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Message from the Guest Editor

Dear Colleagues,

Carbohydrates are probably consumed by humans the most in each meal every day. They are digested, absorbed and converted into blood sugar to provide energy, and even those that are undigested have a very important impact on colon health and other aspects of the human body.

In this Special Issue, we invite papers on the following aspects of carbohydrate digestion.

Differences in digestion characteristics depending on the cooking or processing of carbohydrates.

The comparison of the *in vivo* and *in vitro* digestion characteristics of carbohydrate foods.

The effect of the type of carbohydrates consumed on the colonic microbial flora.

The blood sugar control mechanism according to the digestion characteristics of carbohydrates.

The comparison of glycemic indexes (GIs) depending on the cooking and processing characteristics of carbohydrate foods.

The development of carbohydrate materials that can lower the GI.



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Special Issue



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Message from the Editor-in-Chief

Foods (ISSN 2304-8158) is an open access and peer reviewed scientific journal that publishes original articles, critical reviews, case reports, and short communications on food science. Articles are released monthly online, with unlimited free access. Currently, *Foods* has been indexed by the Science Citation Index Expanded (SCIE - Web of Science), PubMed, and Scopus. Our aim is to encourage scientists, researchers, and other food professionals to publish their experimental and theoretical results as much detail as possible. We therefore invite you to be one of our authors, and in doing so share your important research findings with the global food science community.

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