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Glycemic Index and the Factors Affecting the Digestibility of Starchy Foods

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Deadline for manuscript submissions:

closed (20 February 2023)

Message from the Guest Editor

Obesity and diabetes are becoming major public health problems in the world. Since eating high-glycemic index (GI) foods can lead to a rapid high postprandial reaction that lasts for a long time, it is recommended to consume low-GI foods. Starches and starch-containing foods could be classified according to their digestibility, usually characterized by the speed and duration of the blood sugar response. The gastrointestinal tract is mainly affected by the hydrolysis of carbohydrates during digestion. As quickly digested carbohydrates increase, the blood sugar response also increases. The blood sugar response of starch-based foods depends on various factors, such as starch granule size, degree of processing, cooking method, starch structure and the interaction of other components (dietary fiber, protein, fat).

We try to use and expand the physical, chemical, and enzymatic technology to personalize starch-based foods' control and clarify the underlying mechanism through the granular, crystalline, and layered starch structure at all levels. Welcome to participate in this Special Issue.



mdpi.com/si/95517

Special Issue



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Message from the Editor-in-Chief

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