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## Functionality of Sugars in Foods and Health

Guest Editors:

**Dr. Roger A. Clemens**

School of Pharmacy,  
International Center for  
Regulatory Science, University of  
Southern California, Los Angeles,  
CA, USA

**Dr. Peter Pressman**

The Daedalus Foundation, San  
Clemente, CA & Arlington, VA,  
USA

Deadline for manuscript  
submissions:  
**closed (20 January 2021)**

### Message from the Guest Editors

Apart from the functional roles of sugar in foods, the ongoing discussion of dietary sugar and health is characterized by sharply conflicting recommendations and emotionally charged controversy. Dietary sugars as a subset of carbohydrates are a diverse group of molecules that range from simple sugars to highly complex polysaccharides, such as starch, dietary fiber, and oligosaccharides. The importance of carbohydrates in human nutrition cannot be overstated; they are the principal energy source for healthy human beings throughout the world.

One of several key elements of existing policies and guidelines focuses on improved weight management in an era of universally increased body weight. The variable quality of epidemiologic research focusing on sugar is a major obstacle to achieving clinically meaningful recommendations for consumption.

This Special Issue welcomes original high-quality research papers and review articles that address the myriad roles of sugar in health, disease, and focus on the tenuous proposition that sugars act as putative culprits for metabolically-based diseases such as obesity, diabetes, and cardiovascular disease.



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**Special** Issue



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## Editor-in-Chief

### Prof. Dr. Arun K. Bhunia

1. Department of Food Science,  
Purdue University, West  
Lafayette, IN, USA

2. Department of Comparative  
Pathobiology (Courtesy), Purdue  
University, West Lafayette, IN,  
USA

## Message from the Editor-in-Chief

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## Contact Us

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*Foods* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
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