



## The Relevance of Glycaemic Load for Human Health

Guest Editor:

**Dr. Janina Goletzke**

Institute of Nutrition,  
Consumption and Health, Faculty  
of Natural Sciences, Paderborn  
University, 33098 Paderborn,  
Germany

Deadline for manuscript  
submissions:

**closed (20 November 2023)**

### Message from the Guest Editor

Dear Colleagues,

Glycaemic load (GL) defines the overall glycaemic impact of carbohydrate consumption and can be modified by lowering either the glycaemic index (GI) or the available carbohydrate content. Diets with a lower glycaemic response are associated with a wide range of health benefits and are specifically linked to a decreased risk of type 2 diabetes and cardiovascular events. Yet, further research on the topic of glycaemic load and human health is needed to fill research gaps, such as (1) the relevance in populations other than adults, such as children and adolescents; (2) GI data of regional foods; (3) novel methods to measure glycaemic responses in different settings/populations; (4) the estimation of dietary GL, particularly in epidemiological studies; (5) the relevance of different postprandial windows (1h vs 2h vs 3h); (6) aspects considering the diurnal rhythm of glucose homeostasis; (6) how to improve compliance with a low-GL diet; (7) and the sustainability of low-GL diets.

This Special Issue of *Nutrients* therefore encourages the submission of original research or systematic reviews (including meta-analyses) addressing the above-mentioned research gaps.





an Open Access Journal by MDPI

## 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 (IUIBS), 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 (Food Science)

## Contact Us

---

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

Tel: +41 61 683 77 34  
www.mdpi.com

mdpi.com/journal/nutrients  
nutrients@mdpi.com  
X@Nutrients\_MDPI