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## Low-Glycemic-Load Diets: Impact on Health and Disease

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### Message from the Guest Editor

Diet is an important factor involved in the pathogenesis of various modern diseases (obesity, diabetes mellitus, cardiovascular and psychoneurological disease) and their complications. On the other hand, dietary intervention constitutes the first step in therapeutic intervention.

Glycemic load reflects the effect of dietary carbohydrates on postprandial glucose concentrations. High- and low-glycemic-load diets affect disease development and prognosis in a negative and positive way, respectively.

Awareness of how low-glycemic-load diets can affect human health is increasing, but more research is needed to understand their real effect on health and disease and whether they are a critical element in dietary planning for the management of various diseases.



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# Special Issue



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