



## Fructose and Glucose for Human Health

Guest Editor:

**Dr. Stephan C. Bischoff**  
University of Hohenheim,  
Stuttgart, Germany

Deadline for manuscript  
submissions:  
**closed (1 December 2018)**

### Message from the Guest Editor

Dear Colleagues,

Fructose triggers hereditary or acquired intolerances in selected individuals. More recently, fructose consumed in high amounts has been associated with metabolic diseases. High sugar intake was identified as a risk factor for a number of diseases such as metabolic liver disease, dyslipidosis, and dysbiosis. In particular, with regard to metabolic disease, fructose has more deteriorating effects compared to glucose or sucrose. This notion is to a large part based on rodent studies and not as clear in humans. The underlying mechanisms are not fully understood. The clinical consequences are a matter of discussion. Possibly, new recommendations regarding fructose intake need to be considered. In the special issue, we invite you to address these questions and to propose instructions for diet and diagnostics whenever appropriate.

Thank you for your contribution!

Dr. Stephan C. Bischoff  
*Guest Editor*





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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

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**Journal Rank:** JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Food Science)

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

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