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## Carbohydrate-Restricted Diets and Human Disease

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submissions:

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### Message from the Guest Editors

Dear Colleagues,

For decades, carbohydrates have been very controversial in the context of diabetes mellitus and its development, as well as in the context of diabetes control. Diet trends come and go, and very often we are left confused about what should be recommended, and what kind of diet should be followed. Therefore, findings from studies have very important implications. They help us to understand how much energy intake should be obtained from carbohydrates and other nutrients to prevent and to control diabetes mellitus, but they also provide evidence of the efficacy and safety of low or very low carbohydrate diets.

This Special Issue aims to focus on new evidence or reviews of current literature about the effects and health outcomes of carbohydrate-restricted diets in diabetes mellitus development and control.



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**Special** *Issue*



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