



Food Structure and Human Health – Need for a New Approach to Dietary Guidelines

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Message from the Guest Editors

Food format and food structure have a significant impact on the bioavailability of nutrients. Compared to individual nutrients, specific food groups and dietary patterns have been shown to substantially affect chronic disease risk in controlled trials and cohort studies involving non-communicable disease endpoints. The effects of foods likely reflect processing methods, complex and synergistic contributions, and interactions among food structures. Increasing evidence supporting the influence of food structure on nutrient delivery, glycemic and lipid responses, and gut microbiome strengthens the idea of considering food structure in dietary guidelines.

Topics include, but are not limited to:

Evidence from clinical trials supporting food structure and its influence on health/biological outcomes;

Clinical nutrition studies accounting for food structure in the outcome measures;

Food structure, the release of nutrients, and their effects on physiological changes (e.g., appetite-stimulant and appetite-suppressant hormones);

Food structure and bioavailability of bioactive compounds;

Processing of foods and relationship with risk of metabolic diseases.





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