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Dietary Carbohydrates and Glucose Metabolism: Implications for Chronic Disease, Aging and Frailty

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Message from the Guest Editor

The association between dietary carbohydrate intake, insulin metabolism and longevity are well known, i.e., between the intake of high glycemic index carbohydrates, insulin resistance, and the onset of metabolic syndrome, type 2 diabetes, cardiovascular disease, non-alcoholic fatty liver disease, cancers, and Alzheimer's disease. All these pathological states are characterized by chronic low-grade inflammation. Dietary patterns rich in complex carbohydrates with a low glycemic index, such as the Mediterranean Diet, have been shown to influence inflammatory processes and responses. This Special Issue of *Nutrients* has been developed to compile contemporary research studies on this important topic. We invite you and your collaborators to consider the submission of your original research, protocol development, and methodological studies, narrative or systematic reviews, and meta-analyses. To better understanding these complex relationships, we welcome all types of study designs in various populations, including large observational epidemiological studies, systematic reviews and meta-analyses, clinical and field trials, and qualitative investigations.



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Special Issue



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Message from the Editorial Board

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