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Autore	Ang Meidjie
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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Introduction -- Background and Objectives -- Methods -- Results -- Discussion -- Summary.
Sommario/riassunto	This SpringerBrief focuses on clinical nutrition research, particularly on the effects of slowly absorbed carbohydrates on postprandial glucose metabolism in type 2 diabetes. Slowlyabsorbed carbohydrates will cause gradual increases in blood glucose and insulin levels, and may therefore be effective as part of a treatment strategy for glycemic control and reduction of cardiovascular complications in type 2 diabetes.