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Cereal Grain Nutrition in Human Health

Guest Editor:

Dr. Sijo Joseph (Thandapilly)

1. Richardson Center for Food Technology and Research, Winnipeg, MB R3T 2N2, Canada
2. Department of Food and Human Nutritional Sciences, University of Manitoba, Winnipeg, MB R3T 2N2, Canada
3. Morden Research and Development Centre, Agriculture and Agri-Food Canada, Morden, MB R6M 1Y5, Canada

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Message from the Guest Editor

Cereal grains, a staple food for a substantial global population, offer a diverse range of nutritional and bioactive compounds, including dietary fiber, protein, carbohydrates, vitamins, minerals, lignans, phytosterols, and phenolics. Extensive animal and human studies have consistently underscored the potential health benefits associated with the consumption of whole grain cereals and their constituents, demonstrating a positive impact on reducing the risk of cancer, cardiovascular diseases, type 2 diabetes, and other chronic conditions.

Our Special Issue, "Cereal Grains Nutrition in Human Health", endeavors to cover diverse research domains related to the potential health benefits of cereal grains and their various bioactives. We warmly invite authors to contribute original articles and review papers, providing readers of *Nutrients* with updated and novel perspectives on cereals and their profound impact on human health.



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Special Issue



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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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Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

Contact Us

Nutrients Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

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