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Nutritional Value of Grain-Based Foods

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Deadline for manuscript submissions:

closed (1 August 2019)

Message from the Guest Editor

Grains are the basis of daily diet worldwide. They contribute macro and micro nutrients to the human diet, they also are an important source of dietary fiber and bioactives, particularly wholegrains, which are interesting for the production of high-value food products with enhanced health benefits.

Humans cannot consume them in the raw state, as such grains undergo a number of processing steps that might include dehulling, milling, dough making, extrusion, bread making, couscous making, and pasta making, up to home cooking. Moreover, different kinds of grains can be combined in the same product to take advantage, in some cases, of the complementarity of composition, thus giving origin to a product with an improved nutritional value.

The aim of this Issue is to collect studies on the latest developments in grain science with regards, in particular, to the improvement of the nutritional value of raw materials due to breeding and/or growing conditions, and the role of processing in keeping or enhancing grain nutritional potentials for the development of healthy and attractive improved traditional or new products for human consumption.



mdpi.com/si/19267

Special Issue



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Message from the Editor-in-Chief

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