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## Cereal and Pseudocereal Grains for Nutrition and Health

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### Message from the Guest Editor

Cereals are currently the basis of human diet all over the world. Therefore, their composition decisively affects human health. However, depending on their processing, they can also be the cause of a lack of certain substances in the diet. Therefore, knowledge of the composition of both major cereals as well as other minor species is important for the creation of nutritionally balanced foods. For the processing of cereals, the composition of raw material is crucial, too. The content of individual components can be modified by environmental conditions, but also by breeding, which purposefully adapts plants to current requirements. New methods of substance detection make it possible to expand information on the content of minor biologically active substances in cereals and their effect on human health, and possible application in the prevention of civilization diseases.

This Special Issue will focus on the latest findings on changes in the basic composition of main cereals due to breeding or growing conditions, content of biologically active compounds in cereals, and their human health benefits, or new information about the composition of minor cereals species.



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# Special Issue



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## Message from the Editor-in-Chief

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