

Nutritional and Functional Properties of Grain Legumes

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Message from the Guest Editors

Grain legumes have multiple nutritional benefits for human health and prevent nontransmissible diseases; however, their consumption has decreased steadily for many years in Western countries. Consumers consider legumes hard to incorporate into their diets due to the preparation they require and the perception that they cause intestinal discomfort due to excessive production of gas. Over the last decade, great efforts have been made to promote legume intake in the populations of developed countries. While legumes are staple foods in developing economies, they should be promoted worldwide in sustainable agriculture. Despite being a high-quality source of proteins, carbohydrates, and essential amino acids, legumes also have antinutritional compounds that interfere with the digestion and absorption of many dietary components. In this Special Issue, we would like to highlight the latest knowledge regarding grain legume composition and associated nutritional properties, and we welcome studies considering the bioactive compounds available after processing and digestion, their beneficial effects, and the mechanisms of action involved.





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Message from the Editor-in-Chief

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