

## Special Issue

# Health Benefits of Traditional Niche Foods and New Cereal-Based Mediterranean Foods

### Message from the Guest Editors

The correlation between the Mediterranean diet and a favourable microbial composition of the intestinal lumen is also becoming clearer every day. Functioning as an extra organ, the intestinal microbiota contributes to regulating the immune system and preventing a range of gastrointestinal diseases and dysfunctions. This Special Issue is open to all contributions that may help to improve our knowledge of the health and nutritional properties of cereals, pulses, and their derived foods typical of the Mediterranean diet. In particular, the present Special Issue welcomes original research articles and reviews dealing with: 1) the exploration of genetic variation in the nutrients and bioactive components in cereal grains and pulses; 2) the development of new processes aimed to improve the content of health-promoting components in cereal-based products; and 3) the evaluation of the health properties of new and traditional Mediterranean foods and of specific food components.

### Guest Editors

Dr. Barbara Laddomada

CNR, Institute of Sciences of Food Production (ISPA), Lecce, Italy

Prof. Dr. Weiqun Wang

Department of Food, Nutrition, Dietetics & Health, Kansas State University, Manhattan, KS 66506, USA

### Deadline for manuscript submissions

closed (15 October 2023)



## Foods

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Editorial Office

MDPI, Grosspeteranlage 5

4052 Basel, Switzerland

Tel: +41 61 683 77 34

[foods@mdpi.com](mailto:foods@mdpi.com)

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## About the Journal

### Message from the Editor-in-Chief

*Foods* (ISSN 2304-8158) is an open access and peer reviewed scientific journal that publishes original articles, critical reviews, case reports, and short communications on food science. Articles are released monthly online, with unlimited free access. Currently, *Foods* has been indexed by the Science Citation Index Expanded (SCIE - Web of Science), PubMed, and Scopus. Our aim is to encourage scientists, researchers, and other food professionals to publish their experimental and theoretical results as much detail as possible. We therefore invite you to be one of our authors, and in doing so share your important research findings with the global food science community.

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### Editor-in-Chief

Prof. Dr. Arun K. Bhunia

1. Department of Food Science, Purdue University, West Lafayette, IN 47907, USA

2. Department of Comparative Pathobiology, Purdue University, West Lafayette, IN 47907, USA

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