

## Special Issue

# Cereal Dietary Fiber and Human Health

### Message from the Guest Editor

Whole grain cereals such as corn, wheat, rice, barley, oats, sorghum, rye, and millets are excellent sources of dietary fibre. Cereal dietary fiber is composed of a variety of dietary fiber components that are both water soluble and insoluble in nature. Examples of soluble dietary fiber (SDF) are beta-glucan, low-molecular-weight arabinoxylan, inulin, and pectin, and examples of insoluble dietary fibre (IDF) are cellulose, high molecular weight arabinoxylan, and resistant starch. Beyond its contribution towards proper bowel function, cereal dietary fiber has been the focus of many clinical research studies related to body weight management, reducing the risk of cardiovascular disease, type 2 diabetes, and colon cancer. Get more information about this special issue, please click the link below:

[https://www.mdpi.com/journal/foods/special\\_issues/Cereal\\_grain\\_health](https://www.mdpi.com/journal/foods/special_issues/Cereal_grain_health)

### Guest Editor

Prof. Thava Vasanthan

Univ Alberta, Dept Agr Food & Nutr Sci, Edmonton, AB T6G 2P5, Canada.

### Deadline for manuscript submissions

closed (30 September 2019)



## Foods

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.1  
CiteScore 8.7  
Indexed in PubMed



[mdpi.com/si/20551](https://mdpi.com/si/20551)

*Foods*

Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[foods@mdpi.com](mailto:foods@mdpi.com)

[mdpi.com/journal/  
foods](https://mdpi.com/journal/foods)





# Foods

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.1  
CiteScore 8.7  
Indexed in PubMed



[mdpi.com/journal/  
foods](https://mdpi.com/journal/foods)



## 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.

---

### 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

---

### Author Benefits

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, PMC, FSTA, AGRIS, PubAg, and other databases.

#### Journal Rank:

JCR - Q1 (Food Science and Technology) / CiteScore - Q1 (Health Professions (miscellaneous))

#### Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 14.9 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the first half of 2025).