

Special Issue

Enhancing the Sensory and Nutritional Properties of Grain-Based Foods

Message from the Guest Editors

Grain-based foods serve as fundamental components of global diets, providing essential nutrients and dietary energy to populations worldwide. However, the growing demand for healthier food options presents both challenges and opportunities to improve the nutritional density and sensory appeal of these staple products. By optimizing grain selection, preparation methods, and complementary ingredients, we can significantly enhance both their sensory appeal and nutritional profile. In this Special Issue, “Enhancing the Sensory and Nutritional Properties of Grain-Based Foods”, we welcome interdisciplinary studies addressing technological, nutritional, and sensory aspects, aiming to bridge the gap between health benefits and consumer preferences.

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Deadline for manuscript submissions

10 March 2026



Foods

an Open Access Journal
by MDPI

Impact Factor 5.1
CiteScore 8.7
Indexed in PubMed



mdpi.com/si/252026

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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.

Editor-in-Chief

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