

Special Issue

Formulation and Nutritional Aspects of Cereal-Based Functional Foods

Message from the Guest Editor

This Special Issue will focus on the formulation, processes, and nutritional composition of cereal-based foods that offer specific health benefits beyond their basic nutritional value. These foods can play a crucial role in preventing chronic diseases, such as diabetes, heart disease, and obesity, and promoting a healthy gut microbiota. Formulating cereal-based functional foods involves carefully selecting ingredients to maximize health benefits while also maintaining taste, texture, and consumer acceptance. This may include selecting whole grains, incorporating functional ingredients, and employing specific processing techniques. Issues related to digestibility, nutrient bioavailability, and metabolic effects are areas of particular interest. While cereal-based functional foods offer many opportunities to enhance public health, there are significant challenges related to consumer acceptance, cost, regulation, and effective communication of health benefits. Overcoming these challenges requires collaboration among scientists, industry stakeholders, government agencies, and consumers.

Guest Editor

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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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