

Special Issue

Cereal and Cereal Products: Quality, Functionality, Health Security and Application of New Technologies

Message from the Guest Editors

Cereals are extremely important for human civilization. People have been using cereal grains in their diet since the dawn of time, and this is particularly true at present as, due to consumers' returning to the natural sources of food, integral cereals have become the basis of proper nutrition. Cereals are rich in complex carbohydrates, which provide long-lasting energy, maintain stable blood sugar levels and contain B group vitamins and minerals such as iron, magnesium and zinc. Whole grains are particularly rich in dietary fiber, which improves digestion and maintains healthy intestinal flora. This Special Issue considers the quality, functionality, and health safety of cereals and cereal-based products, as well as the application of new technologies for producing health-safe and nutritionally valuable cereal-based products. Potential topics include, but are not limited to, the following:

- Quality of cereals and cereal products;
- Health safety of cereals and cereal products;
- Novel cereal processing technologies;
- Methods of removing antinutrients from cereal products;
- Functional cereal products;
- Cereal waste management.

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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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