

Special Issue

Innovative Cereal and Legume-Based Food: Functional and Nutritional Benefits

Message from the Guest Editors

Cereals and legumes possess untapped potential as functional food ingredients. This Special Issue seeks cutting-edge research on redefining these staples through technological and nutritional advancements. We invite studies focusing on novel processing techniques (extrusion, fermentation, bioprocessing, and so on) that enhance the bioavailability of bioactive compounds (phenolics, β -glucans, dietary fibre) while mitigating antinutrients. Contributions should address health mechanisms linking cereal and legume to chronic disease prevention. Submissions may also explore sustainable applications, such as plant-based meat analogues, gluten-free formulations, and precision-fortified foods targeting malnutrition. We invite contributions on **bioactive enhancement through novel processing**: extrusion, enzymatic hydrolysis, and fermentation; **health mechanism validation**: gut-microbiota crosstalk and metabolic regulation; **sustainable product innovation**: plant-based analogues and nutrient-dense formulations. We seek studies that bridge food chemistry, nutrition, and engineering in order to redefine cereal/legume applications.

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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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