

## Special Issue

# Functional Cereal Foods for Health Benefits: Genetic and/or Processing Strategies to Enhance the Quali-Quantitative Composition of Bioactive Components

### Message from the Guest Editors

Cereal foods comprise a large variety of products that make up the main part of the world population's diet. Despite decades of research to improve cereals and cereal food quality, the scenario of market needs, processing, and climate change require the coordination of research worldwide. Cereals and cereal foods are an important source of energy (carbohydrates, proteins, and fat), as well as a range of non-nutrient bioactive components (i.e., vitamins, minerals, dietary fiber, and phytochemicals) that provide different grades of health benefits. The main challenges for the near future include the exploration, valorization, and improvement of genetic variation for nutrients and bioactive food components; the use and implementation of biotechnological, preprocessing, and processing strategies finalized to improve their content; the evaluation of health properties for health claims. This Special Issue is open to all contributions that may provide novel insights to enhance the health and nutritional features of cereals and cereal foods.

---

### Guest Editors

Dr. Barbara Laddomada

CNR, Institute of Sciences of Food Production (ISPA), Lecce, Italy

Prof. Dr. Weiqun Wang

Department of Food, Nutrition, Dietetics & Health, Kansas State University, Manhattan, KS 66506, USA

---

### Deadline for manuscript submissions

closed (28 February 2022)



## Foods

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.1  
CiteScore 8.7  
Indexed in PubMed



[mdpi.com/si/66766](https://mdpi.com/si/66766)

*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).