

Special Issue

Nutritional Value of Grain-Based Foods

Message from the Guest Editor

Grains are the basis of daily diet worldwide. They contribute macro and micro nutrients to the human diet, they also are an important source of dietary fiber and bioactives, particularly wholegrains, which are interesting for the production of high-value food products with enhanced health benefits. Humans cannot consume them in the raw state, as such grains undergo a number of processing steps that might include dehulling, milling, dough making, extrusion, bread making, couscous making, and pasta making, up to home cooking. Moreover, different kinds of grains can be combined in the same product to take advantage, in some cases, of the complementarity of composition, thus giving origin to a product with an improved nutritional value. The aim of this Issue is to collect studies on the latest developments in grain science with regards, in particular, to the improvement of the nutritional value of raw materials due to breeding and/or growing conditions, and the role of processing in keeping or enhancing grain nutritional potentials for the development of healthy and attractive improved traditional or new products for human consumption.

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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