

Special Issue

Nutritional Components of Wheat Based Food: Composition, Properties and Uses

Message from the Guest Editors

Wheats and their main end-use products are stable foods and contribute substantially to nutrient intake. The composition of yellow wheat grains typically consists for over 70–75% of carbohydrates, for 10–14% of proteins and for 2–4% of lipids. Whole grains are also source of dietary fiber, minerals, vitamins, and phenolic compounds. In addition to the genetic variability, environmental conditions and stresses, agronomical practices, post-harvest processing technologies can have an effect on nutritional composition, concerning primary and secondary metabolism, and on properties of end products, extending consumer's acceptance. Innovative food processing technologies were recently applied to preserve beneficial compounds and develop healthy and nutritionally superior foods, also based on the principles of the circular economy. To provide an overview about nutritional aspects of wheat-based foods we invite you to provide contributions for a special issue on **“Nutritional Components of Wheat Based Food: Composition, Properties and Uses”**.

Guest Editors

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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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