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Effects of Whole Grain and Dietary Fiber on Cardiometabolic Health

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Deadline for manuscript
submissions:

closed (5 May 2024)

Message from the Guest Editors

Grains are widely consumed all over the world as they provide calories, macronutrients, micronutrients, dietary fibers, minerals, and plenty of phytochemicals that may have prolonged effects on human metabolism. Epidemiology studies have indicated prospective positive associations between refined grain consumption and elevated risks of diabetes, cardiovascular diseases, cancer, and total mortality. Interestingly, biological experiment models have highlighted the effects of metabolomic profiles and their interactions with gut microbiota on host cardiovascular health, such as blood pressure regulation, glucose metabolism, etc. In this regard, it will be of great value to understand the influence of grain consumption on the human metabolome, gut microbiota metabolites, and their contributions, and how grain consumption modulates cardiovascular health and clinical metabolic health. This Special Issue is aimed at providing the most advanced original results on the role of host metabolomic profiles/gut microbiota profiles, on the associations between grain consumption and cardiometabolic outcomes, and the intervention effects of grain modulations on cardiometabolic outcomes.



mdpi.com/si/163865

Special Issue



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Journal Rank: JCR - Q1 (*Nutrition & Dietetics*) / CiteScore - Q1 (*Nutrition and Dietetics*)

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