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Nutritional Innovations and Interventions to Promote Whole Grain Consumption

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Message from the Guest Editor

Dietary guidelines continue to emphasise the importance of including whole grain foods as part of a healthy diet to reduce the risk of non-communicable diseases, such as cardiovascular disease, colorectal cancer and type 2 diabetes. However, most cultures, whole grain intake remains low, and refined grains are predominantly consumed. Consequently, a broad range of innovative approaches are needed to support the exchange of refined grain for whole grain and deliver improved health outcomes.

This Special Issue in *Nutrients* offers an opportunity to highlight novel and innovative research strategies and practical approaches to promote whole grain consumption for improved human health outcomes. It will include the latest findings and developments in a wide spectrum of scientific fields, such as cereal breeding, preclinical and clinical research and food science and technology. Preclinical and randomised clinical trials, systematic reviews, meta-analyses, narrative reviews and position papers will be considered for publication.



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Special Issue



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