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Whole Grains and Human Health

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Message from the Guest Editors

The current evidence base highlights the importance of inclusion of whole-grain foods as part of healthy dietary template in order to reduce the risk of many non-communicable diseases. However, dietary data from many countries around the world suggest that most people are not consuming whole grains to a level that might benefit health. The evidence supporting specific health benefits of certain types of whole grains is more compelling than that for others.

The current Special Issue aims to bring together recent reviews and cutting-edge original papers in the field to address current gaps in the evidence base.



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Special Issue



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