

## Special Issue

# Effects of Dietary Grains on Human Health

### Message from the Guest Editor

Chronic non-communicable diseases are the major causes of death globally. Cereal-based food products have been the basis of the human diet since ancient times. Dietary guidelines all over the world are recommending the inclusion of whole grains because of the increasing evidence that whole grains and whole-grain-based products have the ability to enhance health beyond the simple provision of energy and nutrients. In general, cereals exert positive effects in the following ways: (1) restoring intestinal flora diversity and increasing beneficial gut microbiota metabolites; (2) regulating plasma glucose and lipid metabolism via the regulation of classical signaling pathways, thereby improving obesity, cardiovascular and cerebrovascular diseases, diabetes, and other chronic metabolic diseases; and (3) exhibiting antioxidant activity by scavenging free radicals. Whole grains provide health-protecting components such as phytochemicals and fermentable carbohydrates (dietary fiber, resistant starch, and oligosaccharides). They are important biologically active ingredients found in whole grains that are largely responsible for these health advantages.

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### Deadline for manuscript submissions

closed (25 October 2025)



## Nutrients

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Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



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### Message from the Editorial Board

*Nutrients* is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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