

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.

Guest Editor

Prof. Dr. Qun Shen

College of Food Science and Nutritional Engineering, China Agricultural University, Beijing 100083, China

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Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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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.

Editors-in-Chief

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1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (UIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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