

Special Issue

Gut Microbiota in Components of Grain and Host Health

Message from the Guest Editors

Grain are a primary source of plant-based food for human consumption. Components such as carbohydrates, proteins, lipids, and phytochemicals in grains are closely linked to glucose and lipid metabolism, colorectal cancer, and other diseases. With evolving lifestyles and dietary patterns, significant changes have occurred in the processing methods and refinement levels of grains, profoundly impacting the intake of beneficial components and the accumulation of harmful substances. Particularly, the widespread prevalence of 'civilization diseases' in developing countries has prompted increased research attention on the relationship between the components in grains and human health. Resistant starch, dietary fiber, bound polyphenols, peptides, and polyunsaturated fatty acids in grains exhibit significant interplay with host health through gut microbiota and their metabolites.

Elucidating the critical role of gut microbiota in how components in grains influence host health will contribute to the scientific utilization of grains for promoting human well-being. This Special Issue focuses on how grains and their key components affect host health through gut microbiota.

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Message from the Editor-in-Chief

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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