

Special Issue

Grains and Human Health

Message from the Guest Editor

Grains play a major role in the diets of people from around the globe, providing energy and a wide range of essential nutrients and beneficial healthy phytochemicals. Recently, great interest has been paid to several aspects of nutrition related to grain consumption. These include low carbohydrate diets; gluten free foods; whole grains and health; and reemerging “ancient” grains, pulses, and pseudo-cereals. I strongly encourage you to submit your most recent advances in these and related areas of grains and health, with the prospect of presenting a cutting-edge and fascinating update on this important topic in this very Special Issue. Thanking you in anticipation.

Guest Editor

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Deadline for manuscript submissions

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About the Journal

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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