

Special Issue

The Role of Dietary Whole Grain and Its Phytochemicals in Diabetes, Insulin Resistance and Obesity

Message from the Guest Editor

Whole grains are considered part of a healthy and sustainable diet because they can contribute to maintaining a healthy weight; reduce the risk of cardiovascular disease, type 2 diabetes, and bowel cancer; and promote the stability and diversity of intestinal flora, thereby reducing the risk of intestinal diseases. Many countries around the world encourage their residents to consume as much whole grains as possible. We welcome submissions of original research articles, reviews, and mini-reviews focusing on but not limited to the following topics:

- Animal and clinical studies on dietary whole grains and their phytochemicals and their influence on abnormal glucose metabolism, lipid metabolism, gut microbiota, and any other relevant health outcomes.
- Synergistic or antagonistic action between different whole grains or their phytochemicals on metabolism modulation and gut microbiota dysbiosis.

Guest Editor

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Deadline for manuscript submissions

closed (31 December 2022)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/89354

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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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