

Special Issue

Effects of Whole Grain and Dietary Fiber on Cardiometabolic Health

Message from the Guest Editors

Grains are widely consumed all over the world as they provide calories, macronutrients, micronutrients, dietary fibers, minerals, and plenty of phytochemicals that may have prolonged effects on human metabolism.

Epidemiology studies have indicated prospective positive associations between refined grain consumption and elevated risks of diabetes, cardiovascular diseases, cancer, and total mortality. Interestingly, biological experiment models have highlighted the effects of metabolomic profiles and their interactions with gut microbiota on host cardiovascular health, such as blood pressure regulation, glucose metabolism, etc. In this regard, it will be of great value to understand the influence of grain consumption on the human metabolome, gut microbiota metabolites, and their contributions, and how grain consumption modulates cardiovascular health and clinical metabolic health. This Special Issue is aimed at providing the most advanced original results on the role of host metabolomic profiles/gut microbiota profiles, on the associations between grain consumption and cardiometabolic outcomes, and the intervention effects of grain modulations on cardiometabolic outcomes.

Guest Editors

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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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