

Special Issue

Cereal Nutrition and Metabolic Regulation

Message from the Guest Editor

Cereal grains, a staple food for a substantial global population, offer a diverse range of bioactive and nutritional compounds, including dietary fiber, protein, carbohydrates, vitamins, minerals, lignans, phytosterols, and phenolics. Extensive animal and human studies have consistently underscored the potential health benefits associated with the consumption of whole-grain cereals and their functional components, demonstrating a positive impact on reducing the risk of type 2 diabetes, cardiovascular diseases, obesity, cancer, and other chronic conditions. This Special Issue aims to emphasize topics that include, but are not limited to, the following areas:

- Studies that focus on the digestion, absorption, and transport mechanisms of cereal and its functional components.
- The metabolic regulation of cereal and its functional components on the liver, heart, muscle, brain, gut, and other important tissues.
- The synergistic effects between different functional components of cereal in metabolic regulation.
- New insights into cereal and its functional components in the metabolic regulation of interorganizational communication.

Guest Editor

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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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