

## 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

Dr. Yan Li

State Key Laboratory of Food Science and Technology, School of Food Science and Technology, Jiangnan University, Wuxi 214122, China

### Deadline for manuscript submissions

closed (25 October 2024)



## Nutrients

an Open Access Journal  
by MDPI

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/si/201890](https://mdpi.com/si/201890)

*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)





# Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)



## 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.

---

### Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

#### Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)