



Cereal-Based Food Processing and Nutritional Quality: Latest Advances and Prospects

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Deadline for manuscript submissions:
closed (20 March 2026)



mdpi.com/si/209997

Message from the Guest Editors

Dear Colleagues,

Grain foods are a dietary staple in many countries around the world. This includes products such as pasta, bread, pastries, snacks, and breakfast cereals. Currently, many consumers are aware of the foods they eat, and insist that their meals be nutritious and health-promoting.

Cereal grains, although rich in complex carbohydrates, fiber, protein, vitamins, minerals, and bioactive substances, often have certain components in deficient amounts; hence, the fortification of cereal-based foods seems to be justified. Widespread and new food production and fortification techniques are facilitating this task. Fermented and gluten-free products are also becoming popular, responding to specific needs in various disease entities and food intolerances.

This Special Issue encourages the publication of original research papers and review articles on the following:

- Novel and fortified cereal-based foods;
- Common and innovative methods of cereal food production;
- The impact of various processes on the quality and nutritional value of products;
- Prospects for development in cereal-based food production.



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Message from the Editor-in-Chief

As the world of science becomes ever more specialized, researchers may lose themselves in the deep forest of the ever increasing number of subfields being created. This open access journal *Applied Sciences* has been started to link these subfields, so researchers can cut through the forest and see the surrounding, or quite distant fields and subfields to help develop his/her own research even further with the aid of this multi-dimensional network.

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