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Health Benefits of Traditional Niche Foods and New Cereal-Based Mediterranean Foods

Guest Editors:

Dr. Barbara Laddomada

CNR, Institute of Sciences of Food Production (ISPA), Lecce, Italy

Prof. Dr. Weiqun Wang

Department of Food, Nutrition, Dietetics & Health, Kansas State University, Manhattan, KS 66506, USA

Deadline for manuscript submissions:

closed (15 October 2023)

Message from the Guest Editors

The correlation between the Mediterranean diet and a favourable microbial composition of the intestinal lumen is also becoming clearer every day. Functioning as an extra organ, the intestinal microbiota contributes to regulating the immune system and preventing a range of gastrointestinal diseases and dysfunctions.

This Special Issue is open to all contributions that may help to improve our knowledge of the health and nutritional properties of cereals, pulses, and their derived foods typical of the Mediterranean diet.

In particular, the present Special Issue welcomes original research articles and reviews dealing with: 1) the exploration of genetic variation in the nutrients and bioactive components in cereal grains and pulses; 2) the development of new processes aimed to improve the content of health-promoting components in cereal-based products; and 3) the evaluation of the health properties of new and traditional Mediterranean foods and of specific food components.



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Special Issue



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Editor-in-Chief

Prof. Dr. Arun K. Bhunia

1. Department of Food Science,
Purdue University, West
Lafayette, IN, USA

2. Department of Comparative
Pathobiology (Courtesy), Purdue
University, West Lafayette, IN,
USA

Message from the Editor-in-Chief

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Foods Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

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