



*foods*



an Open Access Journal by MDPI

## Innovative Processing Technologies for Developing Functional Ingredients and Food Products with Health Benefits from Grains II

Guest Editors:

**Dr. Elena Peñas Pozo**

Institute of Food Science, Technology and Nutrition (ICTAN), Spanish National Research Council (CSIC), Jose Antonio Novais 6, 28040 Madrid, Spain

**Dr. Cristina Martínez-Villaluenga**

Institute of Food Science, Technology and Nutrition (ICTAN), Spanish National Research Council (CSIC), Jose Antonio Novais 10, 28040 Madrid, Spain

Deadline for manuscript submissions:

**closed (30 May 2023)**

### Message from the Guest Editors

Grains are important staple foods that are consumed globally. The conventional processing technologies used for transforming grains into food products involves mechanical, chemical, and physical transformations that may have a deleterious impact on the content, bioavailability, and activity of bioactive compounds and hence on the health benefits of grains. High hydrostatic pressure (HHP), pulsed electric fields (PEF), ultrasound (US), cold plasma (CP), germination, fermentation, puffing, extrusion. and parboiling exemplify sustainable technologies that are being explored for these purposes. This Special Issue is open to original research and review articles focused on recent advances in application of novel processing technologies aiming to produce more healthful ingredients and foodstuffs from commonly produced or underutilized cereals, pseudocereals, and legumes. We encourage authors to submit research articles providing new insights on the influence of processing technologies on the content, composition, bioavailability, bioactivity, and health-promoting properties of grains and derived ingredients/foodstuffs.



[mdpi.com/si/102046](https://mdpi.com/si/102046)

**Special** Issue



*foods*



an Open Access Journal by MDPI

## 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

*Foods* (ISSN 2304-8158) is an open access and peer reviewed scientific journal that publishes original articles, critical reviews, case reports, and short communications on food science. Articles are released monthly online, with unlimited free access. Currently, *Foods* has been indexed by the Science Citation Index Expanded (SCIE - Web of Science), PubMed, and Scopus. Our aim is to encourage scientists, researchers, and other food professionals to publish their experimental and theoretical results as much detail as possible. We therefore invite you to be one of our authors, and in doing so share your important research findings with the global food science community.

## 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](#), [PMC](#), [FSTA](#), [AGRIS](#), [PubAg](#), and [other databases](#).

**Journal Rank:** JCR - Q1 (Food Science and Technology) / CiteScore - Q1 (Health Professions (miscellaneous))

## Contact Us

---

*Foods* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
[www.mdpi.com](http://www.mdpi.com)

[mdpi.com/journal/foods](http://mdpi.com/journal/foods)  
[foods@mdpi.com](mailto:foods@mdpi.com)  
[X@Foods\\_MDPI](https://twitter.com/Foods_MDPI)