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Cereal Grain Nutrition in Human Health

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Message from the Guest Editor

Cereal grains, a staple food for a substantial global population, offer a diverse range of nutritional and bioactive 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 constituents, demonstrating a positive impact on reducing the risk of cancer, cardiovascular diseases, type 2 diabetes, and other chronic conditions.

Our Special Issue, "Cereal Grains Nutrition in Human Health", endeavors to cover diverse research domains related to the potential health benefits of cereal grains and their various bioactives. We warmly invite authors to contribute original articles and review papers, providing readers of *Nutrients* with updated and novel perspectives on cereals and their profound impact on human health.



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Special Issue



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Message from the Editorial Board

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