



The Role of Dietary Whole Grain and Its Phytochemicals in Diabetes, Insulin Resistance and Obesity

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Message from the Guest Editor

Dear Colleagues,

Whole grains are considered part of a healthy and sustainable diet because they can contribute to maintaining a healthy weight; reduce the risk of cardiovascular disease, type 2 diabetes, and bowel cancer; and promote the stability and diversity of intestinal flora, thereby reducing the risk of intestinal diseases. Many countries around the world encourage their residents to consume as much whole grains as possible.

We welcome submissions of original research articles, reviews, and mini-reviews focusing on but not limited to the following topics:

- Animal and clinical studies on dietary whole grains and their phytochemicals and their influence on abnormal glucose metabolism, lipid metabolism, gut microbiota, and any other relevant health outcomes.
- Synergistic or antagonistic action between different whole grains or their phytochemicals on metabolism modulation and gut microbiota dysbiosis.





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