



Cereal Nutrition and Metabolic Regulation

Guest Editor:

Dr. Yan Li

State Key Laboratory of Food
Science and Technology, School
of Food Science and Technology,
Jiangnan University, Wuxi
214122, China

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Message from the Guest Editor

Cereal grains, a staple food for a substantial global population, offer a diverse range of bioactive and nutritional 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 functional components, demonstrating a positive impact on reducing the risk of type 2 diabetes, cardiovascular diseases, obesity, cancer, and other chronic conditions. This Special Issue aims to emphasize topics that include, but are not limited to, the following areas:

1. Studies that focus on the digestion, absorption, and transport mechanisms of cereal and its functional components.
2. The metabolic regulation of cereal and its functional components on the liver, heart, muscle, brain, gut, and other important tissues.
3. The synergistic effects between different functional components of cereal in metabolic regulation.
4. New insights into cereal and its functional components in the metabolic regulation of interorganizational communication.





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1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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Contact Us

Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

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