

Special Issue

Grain and Pulses: Composition, Characteristics, Application and Health Promising Prospects

Message from the Guest Editors

Chronic diseases refer to conditions that patients suffer from for at least one year and which require continuous medical attention or limit activities of daily living, such as heart disease, cancer, diabetes, metabolic syndrome, etc. Chronic diseases are the leading causes of death and disability worldwide. It has been proven that the risk of chronic diseases could be reduced through the consumption of whole grains and pulses. Whole grains and pulses contain abundant nutrients and bioactive compounds that produce health promising prospects, such as carbohydrates, proteins, lipids, vitamins and minerals, phytochemicals, etc. These food groups can also provide individual or synergistic effects on health prospects. Recently, the utilization of grain and pulses has attracted the interest of the food industry due to their health benefits. The current research topic will overview recent and novel works on various aspects of composition, characteristics, application, and health promising prospects of whole grains and pulses. Accordingly, we call for original research papers or reviews on the topic of whole grains and pulses for this Special Issue.

Guest Editors

Prof. Dr. Zhongquan Sui

Department of Food Science & Technology, School of Agriculture and Biology, Shanghai Jiao Tong University, Shanghai, China

Dr. Xiangli Kong

Institute of Nuclear Agricultural Sciences, Zhejiang University, Hangzhou 310058, China

Deadline for manuscript submissions

closed (20 January 2023)



Foods

an Open Access Journal
by MDPI

Impact Factor 4.7
CiteScore 7.4
Indexed in PubMed



mdpi.com/si/96489

Foods

MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
foods@mdpi.com

[mdpi.com/journal/
foods](https://mdpi.com/journal/foods)





Foods

an Open Access Journal
by MDPI

Impact Factor 4.7
CiteScore 7.4
Indexed in PubMed



[mdpi.com/journal/
foods](https://mdpi.com/journal/foods)



About the Journal

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.

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

Author Benefits

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))

Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 14.3 days after submission; acceptance to publication is undertaken in 2.8 days (median values for papers published in this journal in the first half of 2024).