

Special Issue

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

Message from the Guest Editors

Grains are considered a valuable source of nutrients—mainly carbohydrates, but they also provide proteins, lipids, vitamins, and minerals. The conventional processing of raw grains into derived food products involves mechanical, chemical, and physical transformations that may have a deleterious impact on the content, bioavailability, and activity of bioactive compounds present in grains, and hence, on the health benefits of grain-derived foodstuffs. Innovative processing strategies could be used to preserve the levels of biologically active compounds and enhance their bioavailability in grains and derived products, thus increasing their health-promoting benefits. This Special Issue is open to original research results and review articles focused on recent advances in the application of novel processing technologies aiming to produce healthier ingredients and foodstuffs from commonly produced or underutilized cereals, pseudocereals, and legumes. We encourage authors to submit articles providing novel knowledge on the influence of processing technologies on the content, composition, and bioavailability of bioactive ingredients, and on the health-promoting properties of grains.

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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.

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