



foods



Special Issue Reprint

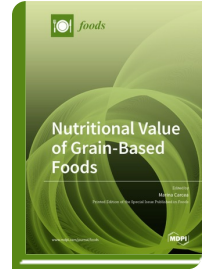
Nutritional Value of Grain-Based Foods

www.mdpi.com/books/reprint/2360

Edited by
Marina Carcea

ISBN 978-3-03936-210-3 (Softback)

ISBN 978-3-03936-211-0 (PDF)



Grains are fundamental in the daily diet of many people worldwide. They are used for the production of popular foods, such as bread, bakery products, breakfast cereals, pasta, couscous, bulgur, snacks, etc. Botanically, they are the seeds of plants—mainly cereals, pseudocereals and legumes. They contribute macronutrients to the human diet, mainly carbohydrates, but also proteins and lipids, and micronutrients, such as vitamins and minerals. They are also an important source of dietary fibre and bioactives, particularly wholegrains, which are important for the manufacture of high-value foods with enhanced health benefits. They can be used for the production of gluten-containing but also gluten-free products. A key objective of the food industry in producing grain-based foods is to manufacture safe, attractive products with enhanced nutritional value, to respond to consumer expectations. This book, *Nutritional Value of Grain-Based Foods*, contributes to existing knowledge on important ingredients such as fat substitutes and on the technological quality and nutritional role of grains and grain-based foods, such as bread, muffins and muesli bars, both gluten-containing and gluten-free.



Order Your Print Copy
You can order print copies at
www.mdpi.com/books/reprint/2360

MDPI Books offers quality open access book publishing to promote the exchange of ideas and knowledge in a globalized world. MDPI Books encompasses all the benefits of open access – high availability and visibility, as well as wide and rapid dissemination. With MDPI Books, you can complement the digital version of your work with a high quality printed counterpart.



Open Access

Your scholarly work is accessible worldwide without any restrictions. All authors retain the copyright for their work distributed under the terms of the Creative Commons Attribution License.



Author Focus

Authors and editors profit from MDPI's over two decades of experience in open access publishing, our customized personal support throughout the entire publication process, and competitive processing charges as well as unique contributor discounts on book purchases.



High Quality & Rapid Publication

MDPI ensures a thorough review for all published items and provides a fast publication procedure. State-of-the-art research and time-sensitive topics are released with a minimum amount of delay.



High Visibility

Due to our global network and well-known channel partners, we ensure maximum visibility and broad dissemination. Title information of books is sent to international indexing databases and archives, such as the Directory of Open Access Books (DOAB), and the Verzeichnis Lieferbarer Bücher (VLB).



Print on Demand and Multiple Formats

MDPI Books are available for purchase and to read online at any time. Our print-on-demand service offers a sustainable, cost-effective and fast way to publish MDPI Books printed versions.