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*Special Issue Reprint*

## Beta-Glucan in Foods and Health Benefits

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This Special Issue entitled “ $\beta$ -glucan in foods and health benefits” reports on the health benefits of indigestible carbohydrates with respect to metabolic diseases and immune functions. The effects of  $\beta$ -glucan have been investigated through the use isolated preparations or natural dietary fibers from whole grain cereals and brans, yeasts, or Euglena. This Special Issue includes original research articles that are based on human intervention studies that address the effects of  $\beta$ -glucan on metabolic diseases and immune function-related markers as well as in vitro and in vivo studies. It also reviews the health benefits of  $\beta$ -glucans in humans.



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