

# Whole Grains and Phenolic Acids: A Review on Bioactivity and Bioavailability

Nutrients

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Citation Report

#	ARTICLE	IF	CITATIONS
1	p-Coumaric Acid as An Active Ingredient in Cosmetics: A Review Focusing on its Antimelanogenic Effects. <i>Antioxidants</i> , 2019, 8, 275.	2.2	135
2	Can regular long-term breakfast cereals consumption benefits lower cardiovascular diseases and diabetes risk? A longitudinal population-based study. <i>Annals of Epidemiology</i> , 2019, 37, 43-50.e3.	0.9	14
3	Antimicrobial and antioxidant properties of tomato processing byproducts and their correlation with the biochemical composition. <i>LWT - Food Science and Technology</i> , 2019, 116, 108558.	2.5	55
4	Biodiesel-Derived Glycerol Obtained from Renewable Biomass "A Suitable Substrate for the Growth of <i>Candida zeylanoides</i> Yeast Strain ATCC 20367. <i>Microorganisms</i> , 2019, 7, 265.	1.6	29
5	The Effect of the Body Mass Indexes of Young Healthy Individuals on the Glycemic Indexes of Traditional and Modified Vegetarian Meals. <i>Nutrients</i> , 2019, 11, 2546.	1.7	1
6	Screening of Ten Tomato Varieties Processing Waste for Bioactive Components and Their Related Antioxidant and Antimicrobial Activities. <i>Antioxidants</i> , 2019, 8, 292.	2.2	69
7	Medicinal Plants from Brazilian Cerrado: Antioxidant and Anticancer Potential and Protection against Chemotherapy Toxicity. <i>Oxidative Medicine and Cellular Longevity</i> , 2019, 2019, 1-16.	1.9	16
8	Solid-State Yeast Fermented Wheat and Oat Bran as A Route for Delivery of Antioxidants. <i>Antioxidants</i> , 2019, 8, 372.	2.2	66
9	Gluten-Free Alternative Grains: Nutritional Evaluation and Bioactive Compounds. <i>Foods</i> , 2019, 8, 208.	1.9	37
10	The Association between Whole Grain Products Consumption and Successful Aging: A Combined Analysis of MEDIS and ATTICA Epidemiological Studies. <i>Nutrients</i> , 2019, 11, 1221.	1.7	10
11	Phenolic Compounds from Five Ericaceae Species Leaves and Their Related Bioavailability and Health Benefits. <i>Molecules</i> , 2019, 24, 2046.	1.7	69
12	The Relationship between Whole Grain Intake and Body Weight: Results of Meta-Analyses of Observational Studies and Randomized Controlled Trials. <i>Nutrients</i> , 2019, 11, 1245.	1.7	49
13	How Important are Cereals and Cereal Products in the Average Polish Diet?. <i>Nutrients</i> , 2019, 11, 679.	1.7	103
14	Chitosan Coating Applications in Probiotic Microencapsulation. <i>Coatings</i> , 2019, 9, 194.	1.2	120
15	The Use of Chitosan, Alginate, and Pectin in the Biomedical and Food Sector "Biocompatibility, Bioadhesiveness, and Biodegradability. <i>Polymers</i> , 2019, 11, 1837.	2.0	327
16	Vezane fenolne spojine polnozrnatih žitnih pripravkov kot sestavina funkcionalnih živil: prvi del. <i>Acta Agriculturae Slovenica</i> , 2019, 114, 269.	0.2	1
17	Hydroxycinnamic acids and human health: recent advances. <i>Journal of the Science of Food and Agriculture</i> , 2020, 100, 483-499.	1.7	96
18	Response of Ancient and Modern Wheat Varieties to Biochar Application: Effect on Hormone and Gene Expression Involved in Germination and Growth. <i>Agronomy</i> , 2020, 10, 5.	1.3	10

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19	Chia Seeds ( <i>Salvia Hispanica</i> L.): An Overview—Phytochemical Profile, Isolation Methods, and Application. <i>Molecules</i> , 2020, 25, 11.	1.7	105
20	Understanding the nutritional functions of thermally-processed whole grain highland barley in vitro and in vivo. <i>Food Chemistry</i> , 2020, 310, 125979.	4.2	50
21	Thermal Processing for the Release of Phenolic Compounds from Wheat and Oat Bran. <i>Biomolecules</i> , 2020, 10, 21.	1.8	80
22	Anthocyanins in Whole Grain Cereals and Their Potential Effect on Health. <i>Nutrients</i> , 2020, 12, 2922.	1.7	73
23	Pleotropic Effects of Polyphenols in Cardiovascular System. <i>Biomedicine and Pharmacotherapy</i> , 2020, 130, 110714.	2.5	93
24	The Chemical and Biological Profiles of Leaves from Commercial Blueberry Varieties. <i>Plants</i> , 2020, 9, 1193.	1.6	28
25	Study on optimization of ultrasonic assisted extraction of phenolic compounds from rye bran. <i>LWT - Food Science and Technology</i> , 2020, 134, 110243.	2.5	36
26	Can pseudocereals modulate microbiota by functioning as probiotics or prebiotics?. <i>Critical Reviews in Food Science and Nutrition</i> , 2022, 62, 1725-1739.	5.4	27
27	Epigenetic regulation by polyphenols in diabetes and related complications. <i>Mediterranean Journal of Nutrition and Metabolism</i> , 2020, 13, 289-310.	0.2	26
28	Current Functionality and Potential Improvements of Non-Alcoholic Fermented Cereal Beverages. <i>Foods</i> , 2020, 9, 1031.	1.9	56
29	Concept, mechanism, and applications of phenolic antioxidants in foods. <i>Journal of Food Biochemistry</i> , 2020, 44, e13394.	1.2	270
30	Emerging science on benefits of whole grain oat and barley and their soluble dietary fibers for heart health, glycemic response, and gut microbiota. <i>Nutrition Reviews</i> , 2020, 78, 13-20.	2.6	87
31	Comparative assessment of functional properties, free and bound phenolic profile, antioxidant activity, and in vitro bioaccessibility of rye bran and its insoluble dietary fiber. <i>Journal of Food Biochemistry</i> , 2020, 44, e13388.	1.2	4
32	Characterization and selection of functional yeast strains during sourdough fermentation of different cereal wholegrain flours. <i>Scientific Reports</i> , 2020, 10, 12856.	1.6	36
33	The value of bioactive compounds of cruciferous vegetables ( <i>Brassica</i> ) as antimicrobials and antioxidants: A review. <i>Journal of Food Biochemistry</i> , 2020, 44, e13414.	1.2	85
34	Effect of <i>trans</i> -cinnamic acid and <i>p</i> -coumaric acid on fibroblast motility: a pilot comparative study of <i>in silico</i> lipophilicity measure. <i>Natural Product Research</i> , 2021, 35, 5872-5878.	1.0	5
35	Physicochemical Effects of <i>Lactobacillus plantarum</i> and <i>Lactobacillus casei</i> Cocultures on Soy-Wheat Flour Dough Fermentation. <i>Foods</i> , 2020, 9, 1894.	1.9	30
36	Bioactive Compounds of a Wheat Bran Oily Extract Obtained with Supercritical Carbon Dioxide. <i>Foods</i> , 2020, 9, 625.	1.9	8

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37	The Effect of Species and Cultivation Year on Phenolic Acids Content in Ancient Wheat. <i>Agronomy</i> , 2020, 10, 673.	1.3	15
38	Antioxidant Properties of Sourdoughs Made with Whole Grain Flours of Hull-Less Barley or Conventional and Pigmented Wheat and by Selected Lactobacilli Strains. <i>Foods</i> , 2020, 9, 640.	1.9	17
39	Purple, high $\beta$ -glucan, hulless barley as valuable ingredient for functional food. <i>LWT - Food Science and Technology</i> , 2020, 131, 109582.	2.5	26
40	Applicability of Agro-Industrial By-Products in Intelligent Food Packaging. <i>Coatings</i> , 2020, 10, 550.	1.2	36
41	Efficacy of germination and probiotic fermentation on underutilized cereal and millet grains. <i>Food Production Processing and Nutrition</i> , 2020, 2, .	1.1	33
42	The Effect of Three Mediterranean Diets on Remnant Cholesterol and Non-Alcoholic Fatty Liver Disease: A Secondary Analysis. <i>Nutrients</i> , 2020, 12, 1674.	1.7	22
43	Chemical Composition and Biological Activities of the Nord-West Romanian Wild Bilberry ( <i>Vaccinium</i> ) Tj ETQq0 0 0,rgBT /Overlock 10 TF	2.2	51
44	The effect of crude glycerol impurities on 1,3-propanediol biosynthesis by <i>Klebsiella pneumoniae</i> DSMZ 2026. <i>Renewable Energy</i> , 2020, 153, 1418-1427.	4.3	41
45	Whole grain intake compared with cereal fibre intake in association to CVD risk factors: a cross-sectional analysis of the National Diet and Nutrition Survey (UK). <i>Public Health Nutrition</i> , 2020, 23, 1392-1403.	1.1	13
46	Poly(vinyl alcohol)-Based Biofilms Plasticized with Polyols and Colored with Pigments Extracted from Tomato By-Products. <i>Polymers</i> , 2020, 12, 532.	2.0	37
47	The Impact of Plant-Based Dietary Patterns on Cancer-Related Outcomes: A Rapid Review and Meta-Analysis. <i>Nutrients</i> , 2020, 12, 2010.	1.7	48
48	Consumption of whole purple and regular wheat modestly improves metabolic markers in adults with elevated high-sensitivity C-reactive protein: a randomised, single-blind parallel-arm study. <i>British Journal of Nutrition</i> , 2020, 124, 1179-1189.	1.2	19
49	Gastrointestinal and colonic in vitro bioaccessibility of $\hat{1}^3$ -aminobutyric acid (GABA) and phenolic compounds from novel fermented sorghum food. <i>LWT - Food Science and Technology</i> , 2020, 130, 109664.	2.5	21
50	Therapeutic Potential of Plant Phenolic Acids in the Treatment of Cancer. <i>Biomolecules</i> , 2020, 10, 221.	1.8	208
51	Phenolic Composition, Mineral Content, and Beneficial Bioactivities of Leaf Extracts from Black Currant ( <i>Ribes nigrum</i> L.), Raspberry ( <i>Rubus idaeus</i> ), and Aronia ( <i>Aronia melanocarpa</i> ). <i>Nutrients</i> , 2020, 12, 463.	1.7	67
52	Potential Health Claims of Durum and Bread Wheat Flours as Functional Ingredients. <i>Nutrients</i> , 2020, 12, 504.	1.7	29
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54	Review of the Sensory and Physico-Chemical Properties of Red and White Wheat: Which Makes the Best Whole Grain?. <i>Foods</i> , 2020, 9, 136.	1.9	10

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56	Phenolic Compounds and Bioaccessibility Thereof in Functional Pasta. <i>Antioxidants</i> , 2020, 9, 343.	2.2	35
57	Lysophosphatidylcholine Containing Anisic Acid Is Able to Stimulate Insulin Secretion Targeting G Protein Coupled Receptors. <i>Nutrients</i> , 2020, 12, 1173.	1.7	17
58	Concise review: Coarse cereals exert multiple beneficial effects on human health. <i>Food Chemistry</i> , 2020, 325, 126761.	4.2	40
59	Monitoring the changes in phenolic compounds and carotenoids occurring during fruit development in the tissues of four citrus fruits. <i>Food Research International</i> , 2020, 134, 109228.	2.9	48
60	Manganese in the Diet: Bioaccessibility, Adequate Intake, and Neurotoxicological Effects. <i>Journal of Agricultural and Food Chemistry</i> , 2020, 68, 12893-12903.	2.4	65
61	Selection of non-Lactobacillus strains to be used as starters for sourdough fermentation. <i>Food Microbiology</i> , 2020, 90, 103491.	2.1	27
62	Triacylglycerols compositions, soluble and bound phenolics of red sorghums, and their radical scavenging and anti-inflammatory activities. <i>Food Chemistry</i> , 2021, 340, 128123.	4.2	34
63	Effect of thermal treatment on the physicochemical, ultrastructural and nutritional characteristics of whole grain highland barley. <i>Food Chemistry</i> , 2021, 346, 128657.	4.2	38
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67	Revealing the antiaging effects of cereal- and food oil-derived active substances by a <i>Caenorhabditis elegans</i> model. <i>Food and Function</i> , 2021, 12, 3296-3306.	2.1	5
68	Flavonoids as natural phenolic compounds and their role in therapeutics: an overview. <i>Future Journal of Pharmaceutical Sciences</i> , 2021, 7, 25.	1.1	165
69	The effects of fermented rye products on gut microbiota and their association with metabolic factors in Chinese adults – an explorative study. <i>Food and Function</i> , 2021, 12, 9141-9150.	2.1	10
70	Hitting the sweet spot: A systematic review of the bioactivity and health benefits of phenolic glycosides from medicinally used plants. <i>Phytotherapy Research</i> , 2021, 35, 3484-3508.	2.8	31
71	Influence of Durum Wheat Bran Particle Size on Phytochemical Content and on Leavened Bread Baking Quality. <i>Foods</i> , 2021, 10, 489.	1.9	11
72	From the hive to the table: Nutrition value, digestibility and bioavailability of the dietary phytochemicals present in the bee pollen and bee bread. <i>Trends in Food Science and Technology</i> , 2021, 109, 464-481.	7.8	55

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74	Role of dietary polyphenols on gut microbiota, their metabolites and health benefits. <i>Food Research International</i> , 2021, 142, 110189.	2.9	184
75	Green Propolis Compounds (Baccharin and p-Coumaric Acid) Show Beneficial Effects in Mice for Melanoma Induced by B16f10. <i>Medicines (Basel, Switzerland)</i> , 2021, 8, 20.	0.7	11
76	Potential Health Benefits of Plant Food-Derived Bioactive Components: An Overview. <i>Foods</i> , 2021, 10, 839.	1.9	187
77	Bioactive Properties of Breads Made with Sourdough of Hull-Less Barley or Conventional and Pigmented Wheat Flours. <i>Applied Sciences (Switzerland)</i> , 2021, 11, 3291.	1.3	10
78	Effects of Aleurone Supplementation on Glucose-Insulin Metabolism and Gut Microbiome in Untrained Healthy Horses. <i>Frontiers in Veterinary Science</i> , 2021, 8, 642809.	0.9	4
79	Wholegrains: a review on the amino acid profile, mineral content, physicochemical, bioactive composition and health benefits. <i>International Journal of Food Science and Technology</i> , 2022, 57, 1849-1865.	1.3	19
80	Valorization of Cereal By-Products from the Milling Industry as a Source of Nutrients and Bioactive Compounds to Boost Resource-Use Efficiency. <i>Agronomy</i> , 2021, 11, 972.	1.3	4
81	Benefits of Barley Grain in Animal and Human Diets. , 0, , .		4
82	Pros and Cons of Commercial Pet Foods (Including Grain/Grain Free) for Dogs and Cats. <i>Veterinary Clinics of North America - Small Animal Practice</i> , 2021, 51, 529-550.	0.5	5
83	Ferulic Acid Derivatives and Avenanthramides Modulate Endothelial Function through Maintenance of Nitric Oxide Balance in HUVEC Cells. <i>Nutrients</i> , 2021, 13, 2026.	1.7	11
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85	Double-Edged Metabolic Effects from Short-Term Feeding of Functionalized Wheat Bran to Mouse Revealed by Metabolomic Profiling. <i>Journal of Agricultural and Food Chemistry</i> , 2021, 69, 6543-6555.	2.4	2
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88	Bioaccessibility and Bioactivity of Cereal Polyphenols: A Review. <i>Foods</i> , 2021, 10, 1595.	1.9	30
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92	Metabolomics as a Tool to Elucidate the Sensory, Nutritional and Safety Quality of Wheat Bread—A Review. <i>International Journal of Molecular Sciences</i> , 2021, 22, 8945.	1.8	11
93	Functional drink powders from vertical-stone-milled oat and highland barley with high dietary-fiber levels decrease the postprandial glycemic response. <i>Journal of Functional Foods</i> , 2021, 83, 104548.	1.6	11
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95	Phenolics and alkaloids of raw cocoa nibs and husk: The role of soluble and insoluble-bound antioxidants. <i>Food Bioscience</i> , 2021, 42, 101085.	2.0	14
96	Inhibition of N-Nitrosamine Formation in Drug Products: A Model Study. <i>Journal of Pharmaceutical Sciences</i> , 2021, 110, 3773-3775.	1.6	33
97	From Fighting Critters to Saving Lives: Polyphenols in Plant Defense and Human Health. <i>International Journal of Molecular Sciences</i> , 2021, 22, 8995.	1.8	33
98	Thermal stability and sensory evaluation of a bioactive extract from roasted coffee ( <i>Coffea</i> ) Tj ETQq1 1 0.784314 rgBT /Overlock 10 Processing and Preservation, 2021, 45, e15955.	0.9	2
99	Phenolics of cereal, pulse and oilseed processing by-products and potential effects of solid-state fermentation on their bioaccessibility, bioavailability and health benefits: A review. <i>Trends in Food Science and Technology</i> , 2021, 116, 954-974.	7.8	44
100	Underutilized Northern plant sources and technological aspects for recovering their polyphenols. <i>Advances in Food and Nutrition Research</i> , 2021, 98, 125-169.	1.5	2
101	Improving nutritional quality of wheat under changing climate scenario: challenges and progress. , 2021, , 65-79.		0
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105	Chlorogenic Acids in Cardiovascular Disease: A Review of Dietary Consumption, Pharmacology, and Pharmacokinetics. <i>Journal of Agricultural and Food Chemistry</i> , 2020, 68, 6464-6484.	2.4	58
107	Reinforcement of the Antioxidative Properties of Chickpea Beverages Through Fermentation Carried Out by Probiotic Strain <i>Lactobacillus plantarum</i> 299v. <i>Journal of Pure and Applied Microbiology</i> , 2019, 13, 01-12.	0.3	10
108	Exploitation of Lactic Acid Bacteria and Baker's Yeast as Single or Multiple Starter Cultures of Wheat Flour Dough Enriched with Soy Flour. <i>Biomolecules</i> , 2020, 10, 778.	1.8	39
109	Active Packaging—Poly(Vinyl Alcohol) Films Enriched with Tomato By-Products Extract. <i>Coatings</i> , 2020, 10, 141.	1.2	81

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110	Wheat Grinding Process with Low Moisture Content: A New Approach for Wholemeal Flour Production. <i>Processes</i> , 2021, 9, 32.	1.3	16
111	Genotype-Dependent Effect of Silencing of TaCKX1 and TaCKX2 on Phytohormone Crosstalk and Yield-Related Traits in Wheat. <i>International Journal of Molecular Sciences</i> , 2021, 22, 11494.	1.8	8
112	Food and Grain Consumption Per Capita in the Qinghaiâ€Tibet Plateau and Implications for Conservation. <i>Nutrients</i> , 2021, 13, 3742.	1.7	10
113	Intake Estimation of Phytochemicals in a French Well-Balanced Diet. <i>Nutrients</i> , 2021, 13, 3628.	1.7	10
114	Type 2 Diabetes-Related Health Economic Impact Associated with Increased Whole Grains Consumption among Adults in Finland. <i>Nutrients</i> , 2021, 13, 3583.	1.7	11
115	The profile of bioactive compounds in the grain of various x <i>Triticum</i> genotypes. <i>Journal of Cereal Science</i> , 2021, 102, 103352.	1.8	9
116	Innovative Sources. , 2019, , 235-265.		1
117	Vežane fenolne spojine polnozrnatih Å¼itnih pripravkov kot sestavina funkcionalnih Å¼ivil: drugi del. <i>Acta Agriculturae Slovenica</i> , 2019, 114, 279.	0.2	0
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120	The Role of the Whole-Bread in the Nutrition Security. , 2020, , 21-24.		0
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124	Potential Health Benefits of Whole Grains: Modulation of Mitochondrial Biogenesis and Energy Metabolism. <i>Journal of Agricultural and Food Chemistry</i> , 2021, 69, 14065-14074.	2.4	8
125	Qualitative Characterization of Unrefined Durum Wheat Air-Classified Fractions. <i>Foods</i> , 2021, 10, 2817.	1.9	10
126	Physico-Chemical, Nutritional, and Sensory Evaluation of Two New Commercial Tomato Hybrids and Their Parental Lines. <i>Plants</i> , 2021, 10, 2480.	1.6	9
127	Designer foods as an effective approach to enhance disease preventative properties of food through its health functionalities. , 2022, , 469-497.		2
128	Small berries as health-promoting ingredients: a review on anti-aging effects and mechanisms in <i>Caenorhabditis elegans</i> . <i>Food and Function</i> , 2022, 13, 478-500.	2.1	8
129	Isolation, purification, and characterization of the globulin from wheat germ. <i>International Journal of Food Science and Technology</i> , 2022, 57, 1708-1717.	1.3	4



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130	Biological Properties of Vitamins of the B-Complex, Part 1: Vitamins B1, B2, B3, and B5. <i>Nutrients</i> , 2022, 14, 484.	1.7	59
131	Effect of a Multicomponent mHealth Intervention on the Composition of Diet in a Population with Overweight and Obesityâ€”Randomized Clinical Trial EVIDENT 3. <i>Nutrients</i> , 2022, 14, 270.	1.7	8
132	Awareness, Knowledge, and Interest about Prebioticsâ€”A Study among Romanian Consumers. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 1208.	1.2	28
133	High-speed countercurrent chromatography as an efficient technique for large separation of plant polyphenols: A review. <i>Food Research International</i> , 2022, 153, 110956.	2.9	24
134	Statistical optimization of ultrasound assisted extraction of free and bound phenolic acids, antioxidant and antibacterial activities and UPLCâ€”MS/MS characterization from two varieties of <i>Eleusine coracana</i> . <i>Journal of Food Measurement and Characterization</i> , 2022, 16, 2086-2103.	1.6	1
135	Caffeic acid and protocatechuic acid modulate Nrf2 and inhibit Ehrlich ascites carcinomas in mice. <i>Asian Pacific Journal of Tropical Biomedicine</i> , 2021, 11, 244.	0.5	5
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137	Overview of the Composition of Whole Grainsâ€™ Phenolic Acids and Dietary Fibre and Their Effect on Chronic Non-Communicable Diseases. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 3042.	1.2	26
138	The Crosslinker Matters: Vinylimidazole-Based Anion Exchange Polymer for Dispersive Solid-Phase Extraction of Phenolic Acids. <i>Separations</i> , 2022, 9, 72.	1.1	1
139	Boosting the antioxidant potential of pasta by a premature stop mutation in wheat keto-acetylase-2. <i>Food Chemistry</i> , 2022, 385, 132634.	4.2	4
140	Non-starch polysaccharides derived from sorghum grains, bran, spent grain and evaluation of their antioxidant properties with respect to their bound phenolic acids. <i>Bioactive Carbohydrates and Dietary Fibre</i> , 2022, 28, 100314.	1.5	5
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143	Role of Whole Grain Consumption in Glycaemic Control of Diabetic Patients: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>Nutrients</i> , 2022, 14, 109.	1.7	9
144	As a Staple Food Substitute, Oat and Buckwheat Compound Has Health-Promoting Effects for Diabetic Rats. <i>Frontiers in Nutrition</i> , 2021, 8, 762277.	1.6	3
145	Relationship between the Characteristics of Bread Wheat Grains, Storage Time and Germination. <i>Plants</i> , 2022, 11, 35.	1.6	2
146	Impact of solid-state fermentation on factors and mechanisms influencing the bioactive compounds of grains and processing by-products. <i>Critical Reviews in Food Science and Nutrition</i> , 2023, 63, 5388-5413.	5.4	7
147	Fiber Preparation from Micronized Oat By-Products: Antioxidant Properties and Interactions between Bioactive Compounds. <i>Molecules</i> , 2022, 27, 2621.	1.7	7

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148	Variations in the Anticancer Activity of Free and Bound Phenolics of Finger Millet ( <i>Eleusine coracana</i> ) Tj ETQq0 0 0 rgBT /Overlock 10 Tf	9.9	7
149	Cocoa bean shells: a review into the chemical profile, the bioactivity and the biotransformation to enhance their potential applications in foods. <i>Critical Reviews in Food Science and Nutrition</i> , 2023, 63, 9111-9135.	5.4	3
150	Germinated Barley Cultivars: Effect on Physicochemical and Bioactive Properties. <i>Food Analytical Methods</i> , 0, , .	1.3	7
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