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Nota di contenuto	Introduction to whole grains and human health / Jodee Johnson and Taylor C. Wallace -- Wheat / Daniel D. Gallaher and James Anderson -- Oats / Yao Tang, Aaron Yerke, and Shengmin Sang -- Rice / Nora Jean Nealon and Elizabeth P. Ryan -- Corn / Siyuan Sheng, Tong Li, and Rui Hai Liu -- Barley / C. Walter Newman, Rosemary K. Newman, and Christine E. Fastnaught -- Rye / Laila Mejia -- Amaranth / Aida Jimena Velarde-Salcedo, Esau Bojorquez-Velazquez, and Ana Paulina Barba de La Rosa -- Buckwheat / Juan Antonio Gimenez Bastida, Henryk Zielinski, and Jose Moises Laparra Llopis -- Quinoa / Beenu Tanwar, Ankit Goyal, Manvesh Kumar Sihag, Ami Patel, Syed Irshaan, Vikas Kumar, and Intelli Kaur -- Avenanthramides / Tianou Zhang and Li Li Ji -- Beta-glucans / Susan Tosh and S. Shea Miller -- Phenolic acid / Oliver Chen, Sergio M. Costa, and Klinsmann Carolo -- Carotenoids / Elizabeth J. Johnson -- Alkylresorcinols / Alastair B. Ross -- Lignans / Iman Zarei and Elizabeth P. Ryan -- Phytosterols / Dan Zhu and Laura Nystrm -- Phytic acid and phytase enzyme / Vikas Kumar and Amit Kumar Sinha.

