Highlights:

* Charring of four cereals to understand morphological and isotopic impact
* Internal and external morphological changes occurred to the charred grains
* Differences between grains’ charred and uncharred isotopic values were found
* Offsets recommended for δ13C and δ15N values of grains charred between 230-300°C
* Guidelines provided regarding acceptability of charred grains for isotopic analysis