

Special Issue

Lipids in Clinical Nutrition and Health

Message from the Guest Editor

In recent years, lipid research has gained prominence not only in the pharmacology and therapy of numerous diseases but also has a pivotal role in nutritional pharmacotherapy and clinical nutrition. The growing recognition of lipids in the diet underscores their significant positive impact on health. The diverse array of lipids found in food, combined with their multifaceted mechanisms of action, can positively and negatively influence various pathological processes. This dual role amplifies the need for a comprehensive scientific exploration of their contribution to pharmacology, dietetics, clinical nutrition, and many other disciplines. This serves as the foundation for the publication of a Special Issue of *Foods* dedicated to the role of lipids, specifically in health, dietetics, clinical nutrition, and pharmacology. The focus is on their importance in disease mechanisms, prevention, and health optimization. Such research has the potential to unveil groundbreaking insights into the beneficial effects of lipids, paving the way for innovative strategies in health management.

Guest Editor

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About the Journal

Message from the Editor-in-Chief

Foods (ISSN 2304-8158) is an open access and peer reviewed scientific journal that publishes original articles, critical reviews, case reports, and short communications on food science. Articles are released monthly online, with unlimited free access. Currently, *Foods* has been indexed by the Science Citation Index Expanded (SCIE - Web of Science), PubMed, and Scopus. Our aim is to encourage scientists, researchers, and other food professionals to publish their experimental and theoretical results as much detail as possible. We therefore invite you to be one of our authors, and in doing so share your important research findings with the global food science community.

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