



High-Fat High-Saturated Diet

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Message from the Guest Editor

Dear Colleagues,

Dietary fat quality is a major determinant of several physiological, biochemical and molecular processes in the body and tissues. As a source of energy, lipids are mainly stored in fat cells and within lipid droplets (LD) in oxidative and steroidogenic tissues. Differential effects have been identified between different types of Fatty Acids (FA) on inflammatory and metabolic diseases during obesity or in response to physical exercise and chronic diseases. All the tissues and organs of the body are concerned. The most recent dietary guidelines advise that lipids should represent 35% of the daily energy intake in order to prevent deleterious effects of high glycaemic index carbohydrates and deficiency in essential fatty acids. Hence, the prevalence of obesity could rise dramatically despite a fall in total fat intake. Advice is more focused on the improvement of the quality of fat than on the reduction of total fat intake. Dietary fat sources provide a mixture of saturated FA (SFA), monounsaturated FA (MUFA) and polyunsaturated FA (PUFA).

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