

## Special Issue

# Effects of Proteins and Lipids on Vascular Function

### Message from the Guest Editors

Fat intake may affect arterial stiffness. Particularly, saturated fatty acids (SFA), trans fats, and cholesterol seem to impair vascular function and increase the risk of arterial stiffness. In contrast, unsaturated fatty acids (UFA) appear to improve vascular function and decrease the risk of arterial stiffness. However, there is a need to deeply investigate the impact on vascular function and CVD of SFA replacement by monounsaturated (MUFA) and/or polyunsaturated (PUFA) fatty acids from varying food sources. Red or processed meat and eggs, which contain cholesterol and SFA, could detrimentally affect arterial stiffness. Nonetheless, dairy products (except butter), fish, and lean meat are favourable protein sources that might diminish it. In turn, plant-based proteins such as legumes, nuts, and soy reveal a positive effect on certain cardiometabolic risk factors. Even so, the current evidence is not consistent enough as a result of the difficulty of excluding the interference of other dietary components. Therefore, the present Special Issue aims to add clarifying information on these topics.

### Guest Editors

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### Deadline for manuscript submissions

closed (5 August 2024)



## Nutrients

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*Nutrients* is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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