

Special Issue

The Effects of Diet and Exercise on Lipid Profiles in Young or Pre-clinical Populations

Message from the Guest Editors

Overweight or obesity increase cardiovascular disease risk through factors such as increased fasting plasma triglycerides, high LDL cholesterol, low HDL cholesterol, elevated blood glucose and insulin levels, and high blood pressure. The consumption of unsaturated fats, derived mostly from vegetable oils may help prevent serious disorders. Lifestyle changes (i.e., diet and exercise) are primarily advocated as a treatment for dyslipidemia. Endurance exercise and resistance exercise elicit unique responses and they may be quantitatively and qualitatively different and mediated by distinct signaling pathways. Layered in these phenomena is an assumption. We might not yet fully appreciate the lipid profiles of those who are younger and how their profiles might be shaped by diet or exercise habits in a pre-clinical model. The study of those not yet clinically presenting is important for understanding their risk profile trajectory. This Special Issue seeks submissions of manuscripts of original research or analytical reviews that explore the effects of acute or chronic exercise on dyslipidemia and nutrient metabolism.

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Deadline for manuscript submissions

closed (25 October 2024)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/200214

Nutrients
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Message from the Editorial Board

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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