

Special Issue

Functional Lipids and Human Health

Message from the Guest Editor

Recent advancements have underscored the pivotal role of functional lipids in human health, revealing their profound impact beyond mere energy sources. These lipids not only serve as structural components of cellular membranes but also play crucial roles in signal transduction and gene expression, influencing various physiological processes. Importantly, emerging research highlights their potential to modulate aging, inflammatory responses, and overall metabolic health. Moreover, the interplay between lipid metabolism and gut microbiota composition has garnered considerable attention, suggesting a profound link between dietary lipids, microbial ecology, and human health outcomes. This Special Issue aims to explore these intricate relationships, presenting cutting-edge research on how specific lipid interventions may mitigate inflammation, improve metabolic function, potentially delay aging, benefit neurodegenerative diseases, and alleviate chronic diseases. By synthesizing current findings and future perspectives, this collection seeks to deepen our understanding of the multifaceted roles of functional lipids in promoting human health and well-being.

Guest Editor

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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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