

## Special Issue

# Potential Benefits of Dietary Fat in Chronic Diseases

### Message from the Guest Editors

The Omega-3 long-chain polyunsaturated family of fatty acids is regarded as one non-pharmacological means of prevention and treatment to ameliorate the quality of life of individuals and to lower the pressures on health systems and societies. What is the direct causative role of circulating Omega-3s, and could they merely be surrogates of healthy eating habits and a healthy lifestyle or of certain protective cultural and geographical patterns and/or genetics? Should purified, high-dose Omega-3 supplementation be preferred over whole food sources and potentially beneficial food matrix components? What is the targeted EPA to the DHA ratio, and what is the role of the less well-studied intermediate DPA? How can inter-individual variability in Omega-3s be explained, and how can this variability impact future dietary recommendations and treatment strategies? What are the most appropriate exposure biomarkers, treatment timing, and population to select to maximize outcomes? All original contributions, including epidemiological or observational studies; systematic reviews and meta-analyses; and editorials, are welcome.

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### Guest Editors

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### Deadline for manuscript submissions

closed (20 November 2023)



## 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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