

Special Issue

Dietary Fatty Acids and Metabolic Health

Message from the Guest Editor

The fatty acid composition of a diet can influence the fatty acid supply, therefore affecting metabolic health. The prevalence of obesity, cardiovascular diseases, dyslipidaemia and type 2 diabetes mellitus is increasing worldwide. The underlying causes may include changes in diet and the resulting shift in fatty acid intake. Altered fatty acid supply has been shown to be the cause of diverse metabolic diseases, and the fatty acid composition of a diet may also affect the development of certain diseases. This Special Issue will focus on the association between dietary fatty acid intake and metabolic health. This association involves fatty acid-related exposures and interventions such as dietary fatty acid composition, fatty acid supplementation, calculated fatty acid intake and diets rich in one specific group of fatty acids (e.g., high n-3 LCPUFA, high MUFA), as well as outcomes such as metabolic diseases (like obesity, dyslipidaemia, type 2 diabetes, metabolic syndrome), metabolic health indicators (e.g., measures of insulin sensitivity) and optimal vs. suboptimal blood lipid levels.

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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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