

Special Issue

The Role of Omega-3 Fatty Acid in Determining Nutritional Needs and Chronic Disease Risk

Message from the Guest Editor

Observational studies have suggested that marine omega-3 fatty acids (including eicosapentaenoic acid (EPA), docosapentaenoic acid (DPA) and docosahexaenoic acid (DHA)) and, to a lesser extent, plant-based omega-3 (i.e., alpha-linolenic acid, ALA) may have cardiometabolic benefits. It is important to underscore that so far, the health benefits of omega-3 fatty acids (especially EPA and DHA) have been examined mostly for patients with cardiovascular diseases, diabetes, obesity, and metabolic diseases. Emerging data have focused on the role of EPA and DHA in inflammatory cytokines, immunomodulation, and brain health. In this Special Issue of *Nutrients*, we would like to highlight research that investigates various mechanisms by which omega-3 polyunsaturated fatty acids influence human health across the lifespan of humans. We welcome various types of manuscript submissions, including original research articles, meta-analysis, and review articles.

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Deadline for manuscript submissions

closed (5 March 2024)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/158701

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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