

Special Issue

Diet, Lifestyle and Weight Regulation in Familial Hypercholesterolemia

Message from the Guest Editors

Familial hypercholesterolemia (FH) is an inherited autosomal dominant metabolic disorder characterized by lifelong exposure to high cholesterol levels. Most people with familial hypercholesterolemia take statins (cholesterol-lowering) drugs and should follow a low-fat diet to lower their cholesterol. From the overview of the diet and lifestyle habits in the prevention and treatment of familial hypercholesterolemia from a nutritional perspective. We hope that through the dietary and nutritional management of patients with familial hypercholesterolemia, the incidence of related diseases can be reduced. This Special Issue on *Nutrients*, “Diet, Lifestyle and Weight Regulation in Familial Hypercholesterolemia”, aims to collect articles related to nutrition, dietary treatment, and daily lifestyle management of familial hypercholesterolemia. We look forward to your contribution.

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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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