

Special Issue

Cholesterol and Nutrition

Message from the Guest Editor

Cholesterol is a sterol synthesized by animal cells. Its main functions are to maintain the integrity and fluidity of cell membranes and to serve as a precursor for the synthesis of steroid hormones, bile acids, and vitamin D. Cholesterol is also a component of the diet and is present in food of animal origin. Although a high dietary cholesterol intake was considered as a risk factor for cardiovascular diseases, recent evidence suggests that it does not increase significantly Low-Density Lipoprotein Cholesterol (LDL-C) levels in the circulation. In view of these recent findings and the fact that cholesterol plays a vital role in major functions in the body, the present issue of *Nutrients* focuses on the functions of cholesterol and the effects of dietary cholesterol in various metabolic processes.

Guest Editor

Prof. Dr. Antonis Zampelas

1. Laboratory of Dietetics and Quality of Life, Department of Food Science and Human Nutrition, Agricultural University of Athens, Iera Odos 75, 11855 Athens, Greece
2. Hellenic Food Authority, 11526 Athens, Greece
3. Department of Life Sciences, University of Nicosia, Nicosia, Cyprus

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Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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