

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.

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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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