

Special Issue

Dietary Fat and Human Health

Message from the Guest Editors

The intake of hyperlipidic diets has experienced an important increase in developed societies, raising the risk of developing obesity and related metabolic disorders. In fact, fat-rich diet-feeding may be associated with hepatic steatosis, cardiovascular diseases, and type II diabetes, as well as contributing to an increased susceptibility to cognitive diseases, such as Alzheimer's. More and more studies appear to reveal new metabolic alterations related to hyperlipidic diet intake, triggered by different molecular mechanisms, which are not fully understood. On the other hand, the next challenge for the scientific community is to find new, early, and easily obtainable dietary biomarkers in humans, in order to detect the detrimental effects of fat-rich diet-eating before the development of the metabolic alterations associated. Indeed, metabolic diseases frequently occur silently, without apparent symptoms, as happens with the thin-outside-fat-inside phenotype, characterized by lean IMC and metabolic alteration.

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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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