

Special Issue

The Role of Dietary Fatty Acids in Metabolic Health

Message from the Guest Editors

The impacts of omega-6 (n-6) PUFAs and monounsaturated fatty acids (MUFAs) on metabolic health are controversial. The inconsistent results of epidemiological studies investigating PUFAs and MUFAs are not just a matter of the study designs; health outcomes depend on the relationship between the environment, including dietary styles, and genes representative of individual traits, the interaction of which highly influences well-being. In addition, traits are related to sex, race and age as well as other complications and health statuses such as obesity, blood pressure or other biomarkers, which are more or less regulated by genes. Individual factors also contribute to metabolic health through their interaction with dietary FA. Biomarkers include intestinal flora, oxidative stress marker (8-OHdG, blood β -carotene and nitrotyrosine) and blood selenoprotein P. Certain mental traits, such as depression, may also be involved. This Special Issue will feature the latest findings on various factors related to dietary FA and metabolic health.

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Deadline for manuscript submissions

closed (15 September 2023)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/119374

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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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