

## Special Issue

# High-Fat High-Saturated Diet

### Message from the Guest Editor

Dietary fat quality is a major determinant of several physiological, biochemical and molecular processes in the body and tissues. As a source of energy, lipids are mainly stored in fat cells and within lipid droplets (LD) in oxidative and steroidogenic tissues. Differential effects have been identified between different types of Fatty Acids (FA) on inflammatory and metabolic diseases during obesity or in response to physical exercise and chronic diseases. All the tissues and organs of the body are concerned. The most recent dietary guidelines advise that lipids should represent 35% of the daily energy intake in order to prevent deleterious effects of high glycaemic index carbohydrates and deficiency in essential fatty acids. Hence, the prevalence of obesity could rise dramatically despite a fall in total fat intake. Advice is more focused on the improvement of the quality of fat than on the reduction of total fat intake. Dietary fat sources provide a mixture of saturated FA (SFA), monounsaturated FA (MUFA) and polyunsaturated FA (PUFA).

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## Nutrients

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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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