

Special Issue

The Adverse Effects of Trans Fatty Acids in the Diet on Human Health

Message from the Guest Editor

It is now widely known that excessive consumption of trans unsaturated fatty acids (TFAs) leads to increased levels of total cholesterol and LDL-cholesterol in blood serum, as well as decreased levels of HDL-cholesterol, which contributes to the development of cardiovascular and cardiometabolic diseases. The inverse correlation observed between the concentration of TFAs and long-chain polyunsaturated fatty acids (LC-PUFAs) in maternal serum, cord blood, and breast milk may indicate a risk of disorders in the normal development of the fetus and breastfed infants. The presence of TFAs in food comes from both natural sources and industrial sources. Many countries have introduced mandatory restrictions on the use of i-TFAs and/or the obligation to indicate the presence of TFAs on food labels. Despite this, TFAs are still present in food and diet, posing a risk to human health.

The aim of this Special Issue is to present current findings on the relationship between dietary TFA intake and the risk of developing diseases and health disorders. We invite the submission of published data on TFAs content in food, diet, and body fluids, as well as assessments of human exposure to TFAs.

Guest Editor

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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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