

Special Issue

Lipid-Lowering Diets in Cardiovascular Health

Message from the Guest Editors

Over the past decades, the knowledge of saturated lipids' detrimental effect on cardiovascular health has been highlighted by numerous epidemiological and prospective studies. Previous European Society of Cardiology guidelines encouraged replacing saturated fats with unsaturated fats to reduce cardiovascular risk. However, recent U.S. dietary guidelines advise incorporating healthy fats (e.g., meat, poultry, eggs) into a healthy diet, noting saturated fat consumption should not exceed 10% of total daily calories. Indeed, while high cholesterol is a strong cardiovascular disease risk factor and saturated fat—the leading dietary cause of high cholesterol—is generally discouraged, some studies dispute its harmful effect on cardiovascular health, concluding naturally occurring saturated fat in nutrient-dense foods can be safely included in the diet. Thus, more high-quality research is needed to determine which dietary fats better support cardiovascular health. This Special Issue aims to clarify the specific roles of saturated and unsaturated lipids in cardiovascular health and elucidate optimal lipid diets for the general population and patient groups.

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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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