

Special Issue

Health Benefits of Edible Oils

Message from the Guest Editors

An equilibrate diet and exercise has been proposed to prevent and improve the quality of life for patients with chronic diseases such as cancer and neurological and cardiovascular diseases. Fats are one of the main dietary components, and edible oils are generally the main source of fat intake. Much of the world's population consumes excess calories from fat, and currently, there is a worldwide epidemic of individuals who are obese or overweight. However, not all fats have the same effect on our health. Thus, many questions concerning fat intake remain, and further research is required to determine the association between oil consumption and health. We invite authors to submit comprehensive reviews, clinical trials, epidemiological analyses, and studies employing cell and animal models that address the relationship between dietary intake of edible oils, or their nutrients, and human health. Potential topics may include, but are not limited to, the associations between macronutrient and micronutrient intake, dietary patterns, cancer, cardiovascular disease, neurological health, obesity, high blood pressure, quality of life, and chronic inflammation.

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Deadline for manuscript submissions

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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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