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Emerging Value of Measuring Blood Fatty Acids in Disease Risk Prediction

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Message from the Guest Editor

We are pleased to introduce this Special Issue of *Nutrients* focusing on the critical importance of measuring blood fatty (FA) acids when interrogating the role of fatty acids in health and disease. Fatty acids, not only serve as major substrates for energy production, but they are also critical for physiological functions, such as structure and function of cell membranes influencing their fluidity and permeability. Fatty acids are critical for normal growth, neurological and visual development as well as cognitive and immune function. The blood FA composition reflects diet and is strongly correlated with fatty acid intake. Fatty acid deficiency can result from unbalanced diet, malabsorption or maldigestion syndrome and diseases of the liver where chain elongation and desaturation of long chain PUFA are mainly located. Increasingly, studies have reported modified blood fatty acid distribution in various diseases. It is becoming clear that blood levels of omega-3 fatty acids exhibit a relationship to CVD while fixed daily doses may not. Beyond limited bioavailability and metabolism, monitoring of the blood FA becomes increasingly important as a potential risk factor for diseases and a dietary modifiable prevent strategy and maker.



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Special Issue



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