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Dietary Lipids in Health and Disease Prevention

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Message from the Guest Editors

Lipids are one of the main group of nutrients, essential for physiological homeostasis and proper body composition. Despite the fact that in well-balanced diet lipids should consist of a maximum of 35% of total energy intake, lipid compounds present in food are of utmost importance in ensuring optimal health status. According to the ‘Morbum evitare quam curare facilius est’ principle of Hippocrates, disease is easier to avoid than to cure. That is why we aim to place particular emphasis on the prevention of diseases most commonly occurring in the global population. Cancer, cardiovascular diseases, and a plethora of other maladies are linked via common risk factors, among which the most important are those connected with lipids. Bioactive lipids are also important preventive factors, potentially diminishing the risk of many diseases.

This Special Issue welcomes the submission of original research, systematic reviews, as well as mini-reviews and short communications concerning the most prominent issues in the field of the lipid compounds of diet, their importance in health and wellbeing maintenance, and potential to counteract the development of various diseases.



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Message from the Editorial Board

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