



Dietary Fat and Noncommunicable Diseases

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Message from the Guest Editors

Dear Colleagues,

Today, the burden of noncommunicable diseases (NCDs) such as cardiovascular diseases, cancers, and diabetes is increasing not only in developed countries but also in developing countries. One of the main risk factors for NCDs is an unhealthy diet high in energy, fat, free sugars, and foods high in salt. For decades, saturated fats have been considered harmful. A shift in fat intake from saturated to unsaturated fats is being promoted. However, the association between dietary fat, such as saturated fatty acids, monounsaturated fatty acids and polyunsaturated fatty acids, and NSDs is still inconsistent. New findings on dietary fat and NCDs characterized by advanced research methods, such as cross-sectional studies, prospective longitudinal designs, randomized controlled trials, and meta-analyses, as well as clinical trials and the application of these methods to cardiovascular diseases, a diverse range of cancers cancer, diabetes, and other diseases. Papers addressing these topics are invited for this Special Issue, especially those combining a high academic standard coupled with a practical focus on providing new findings on dietary fat and NSDs.





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

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