



*nutrients*



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## Omega-3 PUFAs and Human Health

Guest Editors:

**Dr. Lei Hao**

Department of Allied and Public Health, Indiana University of Pennsylvania, Indiana, PA 15705, USA

**Prof. Dr. Hao Wu**

Department of Nutrition and Food Hygiene, School of Public Health, Shandong University, Jinan 250012, China

Deadline for manuscript submissions:

**15 June 2025**

### Message from the Guest Editors

Dear Colleagues,

Omega-3 polyunsaturated fatty acids (PUFAs) play a crucial role in the human body, yet most omega-3 PUFAs must be obtained through the diet. Although the human body can convert alpha-linolenic acid (ALA) to eicosapentaenoic acid (EPA) and subsequently to docosahexaenoic acid (DHA), this process is highly inefficient. Unfortunately, the typical Western diet, influenced by modern agricultural and industrial practices, contains very limited amounts of omega-3 PUFAs. Concurrently, the prevalence of chronic diseases has dramatically increased over the past few decades.

In light of these issues, we are pleased to announce a Special Issue dedicated to research on omega-3 PUFAs and chronic diseases. We invite submissions that explore the relationship between omega-3 PUFAs and conditions such as obesity, diabetes, cardiovascular disease, cancer, nonalcoholic fatty liver disease, and brain diseases. Additionally, we welcome basic research on omega-3 PUFAs metabolism.

We encourage the submission of various types of research, including clinical trials, in vitro studies, and epidemiological studies. We are also interested in original research articles, reviews, and case studies.



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**Special** *Issue*



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1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

### **Prof. Dr. Maria Luz Fernandez**

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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## Contact Us

*Nutrients* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
www.mdpi.com

mdpi.com/journal/nutrients  
nutrients@mdpi.com  
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