



Effects of Proteins and Lipids on Vascular Function

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Message from the Guest Editors

Dear Colleagues,

Fat intake may affect arterial stiffness. Particularly, saturated fatty acids (SFA), trans fats, and cholesterol seem to impair vascular function and increase the risk of arterial stiffness. In contrast, unsaturated fatty acids (UFA) appear to improve vascular function and decrease the risk of arterial stiffness. However, there is a need to deeply investigate the impact on vascular function and CVD of SFA replacement by monounsaturated (MUFA) and/or polyunsaturated (PUFA) fatty acids from varying food sources.

Red or processed meat and eggs, which contain cholesterol and SFA, could detrimentally affect arterial stiffness. Nonetheless, dairy products (except butter), fish, and lean meat are favourable protein sources that might diminish it. In turn, plant-based proteins such as legumes, nuts, and soy reveal a positive effect on certain cardiometabolic risk factors. Even so, the current evidence is not consistent enough as a result of the difficulty of excluding the interference of other dietary components.

Therefore, the present Special Issue aims to add clarifying information on these topics.





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