



Dietary Fatty Acids and Metabolic Health

Guest Editor:

Dr. Eva Szabo

Department of Biochemistry and
Medical Chemistry, Medical
School, University of Pecs, Pecs,
Hungary

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Message from the Guest Editor

Dear Colleagues,

The fatty acid composition of a diet can influence the fatty acid supply, therefore affecting metabolic health. The prevalence of obesity, cardiovascular diseases, dyslipidaemia and type 2 diabetes mellitus is increasing worldwide. The underlying causes may include changes in diet and the resulting shift in fatty acid intake. Altered fatty acid supply has been shown to be the cause of diverse metabolic diseases, and the fatty acid composition of a diet may also affect the development of certain diseases.

This Special Issue will focus on the association between dietary fatty acid intake and metabolic health. This association involves fatty acid-related exposures and interventions such as dietary fatty acid composition, fatty acid supplementation, calculated fatty acid intake and diets rich in one specific group of fatty acids (e.g., high n-3 LCPUFA, high MUFA), as well as outcomes such as metabolic diseases (like obesity, dyslipidaemia, type 2 diabetes, metabolic syndrome), metabolic health indicators (e.g., measures of insulin sensitivity) and optimal vs. suboptimal blood lipid levels.





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Prof. Dr. Lluís Serra-Majem

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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Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

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