



## Diet, Lifestyle and Weight Regulation in Familial Hypercholesterolemia

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### Message from the Guest Editors

Dear Colleagues,

Familial hypercholesterolemia (FH) is an inherited autosomal dominant metabolic disorder characterized by lifelong exposure to high cholesterol levels. Most people with familial hypercholesterolemia take statins (cholesterol-lowering) drugs and should follow a low-fat diet to lower their cholesterol. From the overview of the diet and lifestyle habits in the prevention and treatment of familial hypercholesterolemia from a nutritional perspective. We hope that through the dietary and nutritional management of patients with familial hypercholesterolemia, the incidence of related diseases can be reduced.

This Special Issue on *Nutrients*, “Diet, Lifestyle and Weight Regulation in Familial Hypercholesterolemia”, aims to collect articles related to nutrition, dietary treatment, and daily lifestyle management of familial hypercholesterolemia. We look forward to your contribution.





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