



Featured Papers on Dietary Lipids and Human Health

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Message from the Guest Editors

Dear Colleagues,

We invite you to contribute to a Special Issue “Featured Papers on Dietary Lipids and Human Health”.

In a balanced diet, dietary fats should be 20-35% of the total energy intake, which allow humans to maintain adequate body composition and homeostasis. Cardiovascular, nervous, immunological, skin, bone and blood-clotting systems, among others, are influenced by the presence of different types of dietary lipids.

It should be noted that in addition to the amount of dietary fat, its quality is essential to maintain an adequate state of health or, on the contrary, can contribute to the development of diseases, especially chronic metabolic and cardiovascular diseases. Additionally, the interaction of dietary lipids with other nutrients, lifestyles, and genetic and epigenetic factors may be relevant to the effects on health status.

Dietary intervention along with other factors may contribute to changes in the associated risks.

This Special Issue welcomes the submission of manuscripts describing either original research or reviews of the scientific literature related to the influence of dietary lipids on health and disease.





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