



## Long-Term Effects of Diet on the Function of Lipoproteins Metabolism

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### Message from the Guest Editors

Dear Colleagues,

The term “dyslipidemia” refers to an imbalance of blood lipids, including low levels of high-density lipoprotein cholesterol (HDL-C) and high levels of low-density lipoprotein cholesterol (LDL-C), and/or triglycerides (TG). The link between such an imbalance and the progression of cardiovascular diseases is well established. In particular, high levels of LDL-C and TG have been positively related to CVD development, while elevated levels of HDL-C have been shown to exert protective effects against CVD. Individuals with dyslipidemia are usually treated by using cholesterol-lowering drugs. However, such drugs are not devoid of deleterious side effects. For this reason, during the last decades, great attention has been paid to natural food sources that possess the ability to lower blood lipids and that could be used as an efficacious alternative to the lipid-modifying drugs.

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