



The Role of Dietary Fatty Acids in Metabolic Health

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Message from the Guest Editors

Dear Colleagues,

The impacts of omega-6 (n-6) PUFAs and monounsaturated fatty acids (MUFAs) on metabolic health are controversial. The inconsistent results of epidemiological studies investigating PUFAs and MUFAs are not just a matter of the study designs; health outcomes depend on the relationship between the environment, including dietary styles, and genes representative of individual traits, the interaction of which highly influences well-being. In addition, traits are related to sex, race and age as well as other complications and health statuses such as obesity, blood pressure or other biomarkers, which are more or less regulated by genes. Individual factors also contribute to metabolic health through their interaction with dietary FA. Biomarkers include intestinal flora, oxidative stress marker (8-OHdG, blood β -carotene and nitrotyrosine) and blood selenoprotein P. Certain mental traits, such as depression, may also be involved. This Special Issue will feature the latest findings on various factors related to dietary FA and metabolic health.





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