



## Dietary Fatty Acids and the Cardiovascular Health: Evidence, Controversies, and Consensus

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### Message from the Collection Editor

Fatty acids play vital roles in the cardiovascular system via several mechanisms.

The current recommendation on dietary fat intake is to reduce total fat consumption and use healthier unsaturated fatty acids instead of harmful saturated fatty acids. However, some have questioned the scientific evidence underlying dietary advice. (1) Animal fats are the primary source of saturated fats in many modern diets. However, some animal fats are higher in monounsaturated fats than saturated fats. Polyunsaturated fats in vegetable oils will typically contain omega (n)-3, 6, and 9 fatty acids in different concentrations. (2) Different fats never occur alone in the diet but always co-exist in several foodstuffs. Hence, conclusions about the health effects of saturated and polyunsaturated fatty acids are unlikely to consistently translate to the health effects of fats, oils, and foods in which those fatty acids are present.

This Collection is to collect the latest research on the impact of dietary fatty acids, metabolic diseases, diabetes, platelet function, blood coagulation, mechanistic studies, and lipid profile status, as well as intervention studies with fatty acids' CVD outcome.





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