

Special Issue

Health Effects of Edible Oils and Their Functional Components

Message from the Guest Editor

Dear Colleague, Edible oils are vital dietary lipid sources that are rich in bioactive components such as phytosterols, squalene, vitamin E, and polyphenols. Recent studies have highlighted the roles of these components in lowering cholesterol, enhancing gut health, and boosting immunity. We welcome the submission of original research, comprehensive reviews, and short communications that provide novel insights and scientific evidence in this field. The scope of this Special Issue includes, but is not limited to, the following topics:

- nutritional components of edible oils and their health effects
- component analysis and health impact of different edible oils
- bioactivity and function of edible oil components
- encapsulation of edible oil/ components and health effects
- impact of processing and storage on digestion and absorption
- intake of edible oils and metabolic health
- metabolism and microbiome: interaction between lipid metabolism and gut microbiota
- clinical trials and epidemiological studies: validation of health effects of different edible oils through clinical trials and epidemiological studies.

Guest Editor

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About the Journal

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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