

Special Issue

Dietary Cholesterol and Human Health

Message from the Guest Editors

Cholesterol homeostasis in the body is governed by cholesterol absorption, synthesis, storage, and excretion. Dietary cholesterol is a nutrient of major concern and is considered a basic determinant of blood cholesterol levels. It has recently become a controversial issue, with studies showing that high consumption of dietary cholesterol or eggs are associated with a higher risk of developing cardiovascular disease, independently of the quality and quantity of fat ingested. Processed foods are rich in nutrients such as choline, iron, carnitine and added sodium, ingredients that are involved in the risk of developing cardiovascular disease through a variety of metabolic pathways. These effects should be taken into account for the development of new directions for dietary cholesterol intake. In this Special Issue, we aim to elucidate the effect of dietary patterns on atherosclerosis risk factors and to explore the role of diet-related disease progression and the effect of dietary lipids on the expression of genes involved in diverse dyslipidaemias.

Guest Editors

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Prof. Dr. Antonis Zampelas

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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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