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Cholesterol and Nutrition

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Deadline for manuscript
submissions:

closed (1 April 2019)

Message from the Guest Editor

Dear Colleagues,

Cholesterol is a sterol synthesized by animal cells. Its main functions are to maintain the integrity and fluidity of cell membranes and to serve as a precursor for the synthesis of steroid hormones, bile acids, and vitamin D. Cholesterol is also a component of the diet and is present in food of animal origin. Although a high dietary cholesterol intake was considered as a risk factor for cardiovascular diseases, recent evidence suggests that it does not increase significantly Low-Density Lipoprotein Cholesterol (LDL-C) levels in the circulation. In view of these recent findings and the fact that cholesterol plays a vital role in major functions in the body, the present issue of *Nutrients* focuses on the functions of cholesterol and the effects of dietary cholesterol in various metabolic processes.

Prof. Antonis Zampelas
Guest Editor



mdpi.com/si/18533

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