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## Healthy Diet to Prevent Cardiovascular Disease

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### Message from the Guest Editor

Dear Colleagues,

Cardiovascular diseases (CVDs) are the primary cause of mortality worldwide and significantly contribute to reduced overall health and increased healthcare expenditures. Dietary patterns exert a significant influence on cardiovascular risk, primarily by affecting key risk factors such as serum cholesterol levels, blood pressure, body weight, and diabetes. Addressing these factors through comprehensive interventions at various levels of society holds promise for promoting healthier dietary habits and preventing the progression of cardiovascular diseases.

This Special Issue aims to delve into research related to several aspects of this field, including calorie restriction, dietary components, specific nutraceuticals, dietary patterns, processed foods, and the underlying mechanisms that contribute to metabolic benefits such as oxidative stress and inflammation management. We aim to enhance our understanding of the intricate relationship between diet and cardiovascular health, paving the way for effective strategies to mitigate the impact of CVDs and their complications.

Dr. Wing Tak Jack Wong  
Guest Editor



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# Special Issue



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