



*Special Issue Reprint*

## **Nutrition and Cardiovascular Health**

Edited By:

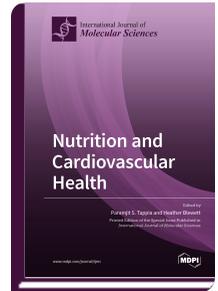
Paramjit S. Tappia

Heather Blewett

[mdpi.com/books/pdfview/book/2390](http://mdpi.com/books/pdfview/book/2390)

ISBN 978-3-03928-887-8 (Pbk)

ISBN 978-3-03928-888-5 (PDF)



There is unequivocal experimental, epidemiological, and clinical evidence demonstrating a correlation between diet and increased risk of cardiovascular disease (CVD). While nutritionally-poor diets can have a significant negative impact on cardiovascular health, dietary interventions with specific nutrients and/or functional foods are considered cost-effective and efficient components of prevention strategies. It has been estimated that nutritional factors may be responsible for approximately 40% of all CVD. Indeed, in one of the seminal studies conducted on modifiable risk factors and heart health (the INTERHEART study), >90% of all myocardial infarctions were attributed to preventable environmental factors with nutrition identified as one of the important determinants of CVD. There is an increasing public interest in and scientific investigation into establishing dietary approaches that can be undertaken for the prevention and treatment of CVD. This Special Issue provides an insight into the influential role of nutrition and dietary habits on cardiovascular health and disease, as well as their mechanisms of therapeutic and preventive action.



Order Your Print Copy  
Print copies (170x244mm, Pbk) can be ordered at:  
[www.mdpi.com/books/pdfview/book/2390](http://www.mdpi.com/books/pdfview/book/2390)

MDPI Books offers quality open access book publishing to promote the exchange of ideas and knowledge in a globalized world. MDPI Books encompasses all the benefits of open access – high availability and visibility, as well as wide and rapid dissemination. With MDPI Books, you can complement the digital version of your work with a high quality printed counterpart.



## Open Access

Your scholarly work is accessible worldwide without any restrictions. All authors retain the copyright for their work distributed under the terms of the Creative Commons Attribution License.



## Author Focus

Authors and editors profit from MDPI's over two decades of experience in open access publishing, our customized personal support throughout the entire publication process, and competitive processing charges as well as unique contributor discounts on book purchases.



## High Quality & Rapid Publication

MDPI ensures a thorough review for all published items and provides a fast publication procedure. State-of-the-art research and time-sensitive topics are released with a minimum amount of delay.



## High Visibility

Due to our global network and well-known channel partners, we ensure maximum visibility and broad dissemination. Title information of books is sent to international indexing databases and archives, such as the Directory of Open Access Books (DOAB), the Verzeichnis lieferbarer Bücher (VLB).



## Print on Demand and Multiple Formats

MDPI Books are available for purchase and to read online at any time. Our print-on-demand service offers a sustainable, cost-effective and fast way to publish MDPI Books printed versions.