



Nutrition and Cardiovascular Health

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Message from the Guest Editors

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. 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. 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. In view of the impact of the nutritional experience of the developing fetus, the role of epigenetics and maternal nutrition on the risk of developing cardiovascular complications in later life will also be highlighted.





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Message from the Editor-in-Chief

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