



nutrients



an Open Access Journal by MDPI

Does Diet Still Have an Important Role in Treating Hypertension?

Guest Editor:

Prof. Dr. Paul Nestel

Baker Heart & Diabetes Institute,
Melbourne 3004, Australia

Deadline for manuscript
submissions:

25 July 2024

Message from the Guest Editor

Dear Colleagues,

Hypertension is a major global burden of cardiovascular risk. Several classes of drugs are generally effective but are associated with adverse side effects. Recently developed drugs are expensive in less affluent countries as modern technologies seek target-specific compounds. This environment leads to the diminished use of dietary intervention even as an accepted valuable adjunct to pharmacological therapies. There is a need to explore the potential of established dietary measures, both eating patterns and specific evidence-based single compounds. This Special Issue attempts to establish the optimal dietary patterns that should be part of the routine management of high blood pressure.

Prof. Dr. Paul Nestel

Guest Editor



mdpi.com/si/194960

Special Issue



nutrients



an Open Access Journal by MDPI

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación
Biomédica en Red Fisiopatología
de la Obesidad y la Nutrición
(CIBEROBN), Institute of Health
Carlos III, 28029 Madrid, Spain
2. Research Institute of
Biomedical and Health Sciences
(IUIBS), University of Las Palmas
de Gran Canaria, 35001 Las
Palmas, Spain
3. Preventive Medicine Service,
Centro Hospitalario Universitario
Insular Materno Infantil (CHUIMI),
Canarian Health Service, 35016
Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional
Sciences, University of
Connecticut, Storrs, CT 06269,
USA

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank: JCR - Q1 (*Nutrition & Dietetics*) / CiteScore - Q1 (*Nutrition and Dietetics*)

Contact Us

Nutrients Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/nutrients
nutrients@mdpi.com
[X@Nutrients_MDPI](https://twitter.com/Nutrients_MDPI)