



nutrients



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Diet and Cardiovascular Prevention

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Message from the Guest Editor

Dear Colleagues,
Cardiovascular disease represents one of the major causes of death around the world. Intervention strategies include adequate lifestyle and diet. Appropriate nutrition is a wellbeing cornerstone, and the correct dietary regimen is relevant from childhood to adulthood in order to prevent degenerative disorders. Observational, prospective, and randomized studies demonstrate dietetic intervention as safe and successful, whereas criticisms are related to long-term compliance or nutrient intake.

The aim of this Special Issue on “Diet and Cardiovascular Prevention” is to show the effects of dietary regimen on different cohorts and across primordial prevention to high-risk patients, to discuss the impact of macronutrients on biochemical parameters and on microbiota, to elucidate the differences and benefits of saturated versus mono- and polyunsaturated fatty acids, going through different dietary models including the Mediterranean diet and also considering functional foods, or food supplements, as part of a balanced diet. The biggest objective is once more to underline the relevance of nutrition and diet from updated scientific findings.



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Special *Issue*



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