



nutrients



an Open Access Journal by MDPI

Diet and Cardiovascular Prevention

Guest Editor:

Dr. Ornella Guardamagna

Department of Public Health and
Pediatric Sciences, Università
degli Studi di Torino, 10124 Turin,
Italy

Deadline for manuscript
submissions:

closed (20 October 2021)

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.



mdpi.com/si/69503

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*)

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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)