



Nutritional Factors and Hypertension

Guest Editor:

Prof. Cristiano Fava

Department of Clinical Sciences,
Lund University, University
Hospital of Malmö, Sweden;
Department of Medicine,
University of Verona, Azienda
Ospedaliera Universitaria
Integrata di Verona, General
Medicine & Hypertension Unit,
Hospital "Policlinico G.B. Rossi",
P.le L.A. Scuro 10, 37134 Verona,
Italy

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Message from the Guest Editor

Dear Colleagues,

High blood pressure (arterial hypertension) is the most prevalent risk factor for cardiovascular disease, which every year leads to millions of deaths and disability worldwide. Among risk factors contributing to elevated blood pressure, diet is considered one of the most important. The quantity and quality of food, and in particular salt, fat, minerals, alcohol, fruit, and vegetable intake, can either increase or decrease the average blood pressure. At the same time, different foods might interact either with each other, or with the genetic background of the individual, or with other behavioral, environmental, and endogenous factors to determine individual blood pressure. Moreover, in recent years, intensive efforts to understand more about the microbiome and how it can contribute to BP homeostasis have been made.

This Special Issue will cover at least some of the many aspects of the relationships and interactions between foods (both macronutrients and micronutrients) and blood pressure, trying to dissect new aspects of hypertension and to detect new possible targets for tailored intervention.

Prof. Cristiano Fava

Guest Editor





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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

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Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

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