

Special Issue

Role of Nutrition in Prevention and Management of Coronary Artery Disease

Message from the Guest Editor

Diet is a fundamental modifiable risk factor for the prevention and reduction of risk for coronary heart disease (CHD). Currently, the focus is on non-inflammatory diets, such as intake of healthy fats (from poultry, fish, and nuts), vegetable-based low-carbohydrate diets, moderate alcohol consumption, moving away from pill-based supplements to a Mediterranean diet, and promotion of personalized therapy. Yet, the issue of diet adherence remains one of the major obstacles to the improvement of CHD. This issue will report on the current dietary knowledge to reduce CHD, as well as psychological and spiritual methods to maintain dietary adherence.

Guest Editor

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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.

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