

Special Issue

Dietary Interventions against Age-Related Vascular Pathologies

Message from the Guest Editors

The number of adults above 65 years of age is rapidly increasing worldwide. Aging individuals are more likely to suffer from cardiovascular disease, hypertension, atherosclerosis, and heart pathologies. Along with aging, dietary habits are an important modulating factor that may affect a person's likelihood of developing cardiovascular disease. Growing evidence has shown that many deleterious dietary habits (i.e., the consumption of processed foods and high amounts of salt, sugar, and trans fats, etc.) can exacerbate cardiovascular aging and impair cellular function. Novel research in dietary and lifestyle interventions are critical in developing clinical strategies to delay vascular aging and prevent cardiovascular disease.

Guest Editors

Dr. Stefano Tarantini

Department of Biochemistry and Molecular Biology, Health Sciences Center, Vascular Cognitive Impairment and Neurodegeneration Program, Oklahoma Center for Geroscience and Healthy Brain Aging, University of Oklahoma, Oklahoma City, OK 73019, USA

Prof. Dr. Rafael De Cabo

National Institute on Aging, 251 Bayview Blvd., Suite 100/Room 5C214, Baltimore, MD 21224, USA

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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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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.

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 (UIBS), 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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