

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.

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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.

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