

Special Issue

Diet, Physical Activity, and Cardiometabolism

Message from the Guest Editor

Diet plays a fundamental role in regulating blood glucose, lipid profiles, and blood pressure. Nutritional patterns are associated with reduced cardiometabolic risk by improving insulin sensitivity, lowering LDL cholesterol, and reducing oxidative stress.

Physical activity independently enhances cardiometabolic health by increasing energy expenditure, improving endothelial function, promoting glucose uptake in muscle, and reducing visceral fat accumulation.

A growing body of evidence highlights the critical interplay among Diet, Physical activity, and Cardiometabolism, revealing their combined and independent roles in maintaining cardiovascular and metabolic health. When combined, diet and physical activity exert synergistic effects, offering greater benefits than either intervention alone.

Moreover, mechanistic studies suggest that the interaction between diet and physical activity influences metabolic pathways, hormonal balance, and gene expression, ultimately shaping cardiometabolic resilience. These findings underscore the importance of lifestyle-based strategies for promoting long-term cardiovascular and metabolic health.

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Deadline for manuscript submissions

15 February 2026



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/247780

Nutrients
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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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