

Special Issue

Healthy Dietary Patterns Defense against Cardiovascular Disease and Diabetes

Message from the Guest Editor

“We Are What We Eat” by Alice Waters suggests that diet plays a critical role in our physiological, psychological, and mental health. Unhealthy dietary patterns, including a high salt or high cholesterol diet, or a smoking habit, are contribute towards cardiovascular disease (CVDs). Diets including higher amounts of processed meat, sugar, and refined grains are associated with greater CVD incidence, while moderate coffee and alcohol intake, and high fruit/vegetable, low-fat dairy, whole grain intake are associated with lower incidence. Diabetes is a risk factor for CVD, and the intake of saturated fat and sugars is associated with a higher incidence of diabetes. This suggests that an unhealthy diet is a risk factor for metabolic syndrome, increasing the risk of health problems. Thus, it is important to follow a healthy diet with exercise to decrease the risk of diabetes, CVDs, and other health issues. We invite the submission, including original and review articles related, but not limited to, the association of diet with atherosclerosis, coronary artery disease, stroke, and metabolic syndrome; geographical area and risk of CVDs; and dysbiosis and metabolic syndrome.

Guest Editor

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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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