

Special Issue

Dietary Guidance for Cardiovascular Health

Message from the Guest Editor

The primary prevention of cardiovascular disease is fundamental to reducing the rates of morbidity and mortality worldwide. Among the modifiable lifestyle behaviors, a healthy diet along with exercise and smoking cessation remain the cornerstones of primary prevention. Considering diet, a wide range of dietary products have been shown to exert beneficial effects on vascular function, whereas others have been shown to have the opposite effect. Taking into consideration the ample data on the effect of diet on cardiovascular and total mortality and given that calorie restriction has been proposed as the one of the most effective measures to delay cardiovascular aging, dietary guidance for cardiovascular health focusing on the most essential diet components and nutrients, based on their molecular actions and clinical outcomes, is warranted. Recommended doses and optimal intake frequency will enable the most comprehensive approach toward the issue.

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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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