

Special Issue

Functional Plant-Based Foods, Phytochemicals and Nutraceuticals: Their Role in Cardiovascular Health

Message from the Guest Editor

Cardiovascular diseases (CVDs) constitute a major health concern and are the leading cause of human deaths; the World Health Organization estimates that CVDs account for about 32% of global mortality. Accumulating evidence from clinical and epidemiological studies highlights the potential of plant-based foods, bioactive phytochemicals, and nutraceuticals (e.g., modified/unmodified whole foods, plant extracts alone or in combination, flavonoids, polyphenols, omega-3 fatty acids, carotenoids, or dietary fiber) in reducing the risk of CVDs and promoting cardiovascular health. Several gaps remain in our understanding of the health benefits of dietary components and their connection to lifestyle-related diseases. This Special Issue invites submissions of original research articles and systematic literature reviews with a focus on dietary inclusions and nutrition-based prevention strategies for the prevention of CVDs and management of cardiovascular health. Contributions to this issue may help to guide the adoption of balanced, nutrient-rich diets tailored to individual lifestyles.

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Message from the Editorial Board

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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