

Special Issue

Diet, Nutrition and Cardiovascular Health—2nd Edition

Message from the Guest Editor

Cardiovascular diseases (CVDs) are unequivocally established as prominent contributors to global mortality, consistently ranking among the leading causes of death worldwide. In light of this considerable impact, concerted efforts in prevention, early detection, and optimal management strategies are imperative for addressing CVDs as an urgent global public health priority. Diet and nutrition play a pivotal role in cardiovascular health, exerting profound effects on the prevention and management of CVDs. The assortment of published articles underscores the paramount importance of a healthy-heart diet, emphasizing the influence of critical nutrients, dietary patterns, such as the Mediterranean diet and DASH diet, and specific food groups on cardiovascular health. This Special Issue aims to provide insights into the complex relationship between diet, nutrition, and cardiovascular health. It will explore the latest research findings, cutting-edge interventions, and evidence-based recommendations to empower healthcare professionals that can contribute to improved cardiovascular outcomes.

Guest Editor

Dr. Areti Triantafyllou

School of Medicine, Faculty of Health Sciences, Aristotle University of Thessaloniki, 54124 Thessaloniki, Greece

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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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About the Journal

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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (UIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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