

Special Issue

Optimal Diets for Prevention of Coronary Heart Disease

Message from the Guest Editor

This Special Issue aims to emphasize the critical role of optimal diets in preventing coronary heart disease (CHD), which is a major global health concern. Cardiovascular diseases, including CHD, ischemic heart diseases, and hypertension, remain leading causes of mortality, especially in high-income countries. These conditions are closely linked to risk factors like hypertension, hypercholesterolemia, and diabetes, which can often be exacerbated by unhealthy lifestyles and poor diets. Our Special Issue aims to spotlight the significance of dietary interventions in CHD prevention. Researchers are invited to contribute their findings, whether related to dietary patterns, nutrients, or lifestyle modifications, in order to assist in advancing cardiovascular health. Join us in understanding how optimal diets can be a potent tool against coronary heart disease. Submit your manuscript to shape the future of global heart health and save lives.

Guest Editor

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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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