

## Special Issue

# Primary Prevention of Heart Disease with Macronutrients

### Message from the Guest Editor

We invite you to submit a contribution to the special issue “primary prevention of heart disease with macronutrients”. Despite a number of unmodifiable risk factors – such as family history, sex or age – many lifestyle interventions are known to be able to reduce the risk of heart disease. In particular, a growing importance is gained by the diet as a preventive strategy. Thus, which food components or their balance or which specific dietary conditions can influence cardiovascular health, as well as molecular mechanisms under these effects are a hot topic. Indeed, emerging evidence from preclinical and clinical studies indicates that specific macronutrients can affect the onset of cardiovascular diseases by influencing processes related to aging (such as organelle disfunctions, inflammation, oxidative stress, DNA instability, etc.) as well as promoting or suppressing functions that are repressed with aging (i.e. autophagy). New findings in research paper, review articles and short communications are welcome. These contributions will be of great importance to fully understand the picture of the interplay between dietary components and heart health.

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### Deadline for manuscript submissions

closed (20 April 2023)



## Nutrients

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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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### Editors-in-Chief

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