

Special Issue

Nutritional Aspects of Cardiovascular Disease Risk Factors

Message from the Guest Editors

Cardiovascular disease is one of the leading causes of death globally. Its main risk factors are lifestyle-related, and diet is the most important factor. Despite the recognized association between diet and cardiometabolic health, we are still in need of more effective strategies at all stages—prevention, screening, and treatment. This Special Issue aims to gather the results of high-quality studies focused on the dietary aspects of cardiovascular risk factors such as obesity, hypertension, dyslipidemia, or diabetes, all of which are types of metabolic syndrome. Diet quality and nutritional pattern data can come from observational studies, while personalized dietary interventions may be investigated in prospective studies. The analyses of the mechanisms and direct associations between nutrition and cardiovascular disease will also be addressed in this Special Issue. This Special Issue welcomes submissions of original research and reviews of the scientific literature, including systematic reviews and meta-analyses.

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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.

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