

Special Issue

Exploring the Key to Healthy Cardiac Metabolism: Managing Diet, Nutrients, and Lifestyle Choices

Message from the Guest Editors

Ensuring optimal cardiac metabolism is vital for maintaining a healthy heart and overall wellness. Important dietary elements include omega-3 fatty acids, and antioxidants, which are effective in reducing inflammation and managing blood pressure; Reduce the intake of processed foods is also essential, as they are linked to obesity, insulin resistance, and atherosclerosis; Staying properly hydrated and moderating sodium consumption supports cardiac function; Regular physical activity boosts cardiac metabolism by enhancing circulation and the efficiency of mitochondria; Techniques for managing stress, such as mindfulness practices and getting enough sleep, also safeguard the heart by lowering cortisol levels and oxidative stress; Avoiding smoking and limiting alcohol intake further decreases metabolic risks. Special Issue aims to gather original research, review articles, and case studies, we hope to further understand how to optimize cardio-metabolism and promote heart-healthy living.

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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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