

Special Issue

Optimizing Cardiovascular Recovery Through Nutritional Resilience and Sustainable Diets

Message from the Guest Editors

Cardiovascular diseases remain a leading cause of morbidity and mortality worldwide, emphasizing the need for innovative strategies to enhance recovery and long-term health outcomes. This Special Issue focuses on the role of nutritional resilience and sustainable dietary practices in optimizing cardiovascular rehabilitation. Topics of interest include personalized nutrition interventions, the impact of dietary quality on inflammation and oxidative stress, behavioral strategies to improve dietary adherence, and the intersection of food sustainability with cardiovascular health. We also encourage studies that explore the environmental and socioeconomic aspects of sustainable food systems in relation to cardiovascular health. This Special Issue aims to highlight innovative approaches that align heart health with environmental sustainability, offering practical insights for clinicians, researchers, and policymakers dedicated to advancing cardiovascular nutrition.

Guest Editors

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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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