

Special Issue

Nutrition and Exercise Interventions on Vascular Function and Adaptation

Message from the Guest Editor

Nutrition and exercise are inextricably linked to vascular health, morbidity and mortality. Dietary practices can have significant acute and chronic effects on the vascular tree and can lay the groundwork for future vascular disease or for the prevention of vascular disease. The purpose of this Special Issue, “The Effects of Nutrition and Exercise Intervention on Vascular Function and Adaptation,” is to address significant gaps in our knowledge of the effects of exercise and diet on improving peripheral vascular function, cerebrovascular function and mental health across different populations and throughout the lifespan.

Guest Editor

Dr. Catarina Rendeiro

School of Sport, Exercise and Rehabilitation Sciences, University of Birmingham, Birmingham, UK

Deadline for manuscript submissions

closed (20 February 2026)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 10.2
Indexed in PubMed



mdpi.com/si/179518

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 10.2
Indexed in PubMed



[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)



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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)