

Special Issue

Dietary Factors on Cardiovascular and Endocrine Health

Message from the Guest Editor

Nutritional imbalances play a role of great magnitude in the pathogenesis and progress of cardio-metabolic risk and endocrine dysfunction. Dietary factors have been studied as a modifiable lifestyle factor in improvement of these diseases process and prognosis. Micro- and macronutrients, healthy food groups and dietary patterns, bioactive dietary components have shown to be associated with reduced odds of cardio-metabolic and endocrinal risk, while unhealthy foods or dietary patterns like sugar sweetened beverages, fast food, ultra-processed foods, dietary sourced endocrine disruptive chemicals and nutrition transition to a westernized diet greatly increased cardiovascular and endocrinal diseases burden. This heterogeneous influence on affected individuals may reflect complex interactions between nutrition with genetic susceptibilities and environmental factors emphasizing the importance of gene-diet-environment interplay and nutritional programming studies. This Special Issue is dedicated to provide information on potential role of human nutrition on the prevention and control of cardio-metabolic and endocrinal disorders and prognosis and related risk factors.

Guest Editor

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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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