

Special Issue

Fuel and Flow: The Science of Diet-Exercise Interplay in Heart Health

Message from the Guest Editors

This Special Issue, “Fuel and Flow: The Science of Diet-Exercise Interplay in Heart Health,” aims to explore the integrated role of diet and exercise in the prevention, management, and rehabilitation of cardiovascular diseases.

We welcome original research, reviews, and meta-analyses that investigate how specific dietary interventions (e.g., Mediterranean, DASH, plant-based, ketogenic, or supplementation strategies) interact with various forms of physical activity (aerobic, resistance, high-intensity interval training, or neuromotor exercise) to impact cardiovascular biomarkers, heart rate variability, endothelial function, arterial stiffness, and overall cardiovascular outcomes. Special attention will be given to interdisciplinary and translational studies that bridge clinical, physiological, and nutritional sciences, as well as those considering age, sex, and comorbidity-specific approaches. This Special Issue serves as a platform for advancing holistic, evidence-based strategies to promote cardiovascular resilience and reduce disease burden through integrated lifestyle interventions.

Guest Editors

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Prof. Dr. Ceres Mattos Della Lucia

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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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