

## Special Issue

# Intermittent Fasting: A Heart-Healthy Dietary Strategy?

### Message from the Guest Editor

Intermittent fasting has received special attention from the scientific community and the general population in the last decade due to its potential benefits on health. Although intermittent fasting has been performed since ancient times, it has emerged as a dietary strategy to facilitate weight loss or improve cardiometabolic health, facilitating individuals' long-term adherence. Intermittent fasting is an umbrella term that includes different types, defined as a dietary approach that alternates periods of eating with periods of not eating (fasting).

This Special Issue explores the relationship between intermittent fasting approaches and cardiovascular health, with the aim of determining and explaining the effectiveness and basis of this dietary strategy that are related or may impact heart and cardiovascular health in different types of populations. This Special Issue invites submissions on topics including epidemiology, clinical trials, observational studies, and systematic reviews and meta-analyses. Submissions of new findings from current work on intermittent fasting approaches that can provide insightful perspectives on cardiovascular health are welcome.

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### Guest Editor

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### Deadline for manuscript submissions

closed (5 July 2025)



## Nutrients

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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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