

## Special Issue

# Dietary Patterns on Improving Cardiometabolic and Cognitive Health

### Message from the Guest Editors

Population ageing is related to the increasing disease burden worldwide, including cardiometabolic diseases and cognitive decline. Although improving dietary intake is the main target of lifestyle modification, many studies have focused on the relationship between single dietary factors and disease prevention. On the contrary, emerging evidence has suggested that dietary patterns may explain the interactions between different foods and food components. The objective of this proposed Special Issue is to publish selected papers that detail the established or culturally specific dietary patterns that could play a role in improving cardiometabolic and cognitive health, both in the general population and in at-risk individuals. This Special Issue welcomes multiple types of human studies, namely observational studies, intervention studies, systematic reviews and meta-analyses. Submissions that deal with the role of different dietary patterns in cardiometabolic and cognitive health, in addition to contributions that address their mechanisms of actions, e.g., through metabolomics or brain–gut interactions, are welcome.

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### Deadline for manuscript submissions

closed (15 December 2023)



## Nutrients

an Open Access Journal  
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Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



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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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