

Special Issue

Nutritional Approaches in Prevention and Treatment of Heart Disease and Diabetes

Message from the Guest Editor

Despite improved health care and the enhanced understanding around the causes of cardiometabolic disease, including type 2 diabetes, metabolic syndrome, hypertension, hyperlipidemia, heart failure, and coronary heart disease, they remain among the top causes of death and disability worldwide. The poor control of diabetic condition leads to a series of complications, such as diabetic nephropathy, diabetic retinopathy, diabetic foot, diabetic peripheral neurovascular disease, and other clinical symptoms, which seriously impair patients' quality of life. Because of the long-term nature and complexity of disease treatment, cardiometabolic disease patients have experienced tremendous psychological pressure, which is significantly associated with unhealthy eating behavior, physical inactivity, and poor self-management in patients with cardiometabolic disease and diabetes. This Special Issue aims to attract original research articles and review articles which focus on how healthy-eating behavior and balanced diets as part of effective self-management can prevent cardiometabolic disease.

Guest Editor

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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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