

Special Issue

Mediterranean Diet and Cardiovascular Diseases

Message from the Guest Editor

emerged as one of the most evidence-based dietary patterns associated with reduced cardiovascular risk. The interplay between dietary habits, lifestyle factors, and genetic predisposition is yet an emerging area for scientific exploration. We are pleased to invite you to contribute to this Special Issue, which will focus on the role of the Mediterranean Diet in cardiovascular disease prevention, management, and its underlying mechanisms. This Special Issue aims to present high-quality research that explores the multifaceted relationship between the Mediterranean Diet and cardiovascular health. The scope includes nutritional epidemiology, clinical trials, mechanistic studies, and public health perspectives. This topic aligns closely with the journal's commitment to advancing knowledge in nutrition, health, and disease prevention.

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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