

## Special Issue

# Nutrient Intake and Dietary Therapy in Prevention of Cardiovascular Disease (CVD)

### Message from the Guest Editor

Cardiovascular disease is one of the leading causes of death worldwide. Its major risk factors are lifestyle-related, with diet being the most important. It has been clearly shown that a dietary plan rich in fruits, whole grains, vegetables, olive oil, and fish, while avoiding trans fats, saturated fats, red meat, sodium, sugary beverages, and refined carbohydrates, is beneficial for cardiovascular health. Moreover, despite the important cardiovascular benefits shown for GLP-1 agonists and SGLT2 antagonists, a balanced and appropriate dietary intake is essential as a primary or effective adjunct to pharmacological treatment. The higher incidence of cardiovascular disease in less affluent countries makes it even more vital to focus on dietary interventions to achieve optimal dietary patterns that are culturally and regionally appropriate as well as affordable. This special issue aims to provide a platform to explore foods and/or nutrients that influence cardiovascular health and disease.

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### Deadline for manuscript submissions

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## Nutrients

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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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