

## Special Issue

# Intermittent Fasting and Cardiovascular Health: Mechanisms, Benefits, and Clinical Evidence

### Message from the Guest Editors

Intermittent fasting (IF) has gained significant attention as a dietary strategy with potential to improve cardiovascular health by targeting key modifiable risk factors. Unlike traditional calorie restriction, IF encompasses various eating patterns—such as time-restricted feeding, alternate-day fasting, and the 5:2 regimen—that alternate periods of eating and fasting to promote metabolic adaptation. This Special Issue aims to bring together cutting-edge research and comprehensive reviews exploring the role of IF in cardiovascular disease prevention and management. We particularly welcome studies investigating its effects on hypertension, dyslipidemia, obesity, type 2 diabetes, coronary artery disease, heart failure, and other cardiometabolic conditions. Contributions examining underlying molecular mechanisms—such as autophagy, oxidative stress reduction, and endothelial function improvement—as well as behavioral and adherence-related aspects are encouraged.

### Guest Editors

Dr. Araceli Muñoz-Garach

1. Department of Endocrinology and Nutrition, Virgen de las Nieves University Hospital, 18014 Granada, Spain
2. Biosanitary Research Institute (ibs.Granada), 18012 Madrid, Spain
3. CIBER in Physiopathology of Obesity and Nutrition (CIBEROBN), Carlos III Health Institute, 28029 Madrid, Spain

Dr. José Manuel Romero-Márquez

1. Department of Endocrinology and Nutrition, Virgen de las Nieves University Hospital, 18014 Granada, Spain
2. Foundation for Biosanitary Research of Eastern Andalusia-Alejandro Otero (FIBAO), 18012 Granada, Spain
3. Faculty of Education, International University of La Rioja, 26006 Logroño, Spain

### Deadline for manuscript submissions

20 March 2026



## Nutrients

an Open Access Journal  
by MDPI

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/si/252402](https://mdpi.com/si/252402)

*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)





# Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)



## 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.

---

### Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (UIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

#### Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)