

Special Issue

Nutritional Behaviour and Cardiovascular Risk Factor Modification

Message from the Guest Editor

Cardiovascular diseases have been the leading cause of death for many years and have a relevant impact on general morbidity. Therefore, we should make every effort to reduce the associated risk factors as much as possible. To achieve this, nutrition is a central component of action; it is not only crucial to know which components should be included in a healthy diet but also to know which factors should be avoided. Modern nutritional concepts such as intermittent fasting or a high-protein diet are currently gaining popularity. At the same time, there are continuous discussions on which components are harmful or not.

The aim of this Special Issue of *Nutrients* is to compile current studies on the effects of nutritional behavior and the associated interventions for cardiovascular risk. The inclusion of modern technical solutions including fitness trackers, smartwatches and AI technologies is highly appreciated. We welcome the submission of original articles as well as up-to-date literature reviews to provide a comprehensive overview on the latest data in the field.

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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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