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.

Guest Editor

Dr. Christopher Stremmel

Department of Medicine I, University Hospital Munich, Ludwig Maximilian University, Marchioninistr. 15, 81377 Munich, Germany

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Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

mdpi.com/journal/ nutrients





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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. Lluis Serra-Majem

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

Prof. Dr. Maria Luz Fernandez

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

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