

Special Issue

Dietary Patterns and Lifestyle in Cardiovascular Disease Risk and Prevention

Message from the Guest Editors

Lifestyle patterns, including dietary habits, physical activity level, smoking habits, and sleep patterns, are major contributors that can protect or predispose against cardiovascular disease. This Special Issue will focus on these areas. In terms of cardiovascular disease risk and prevention, some lifestyle factors (e.g., dietary, physical activity, and smoking habits) are well-studied, while others have gained attention more recently (e.g., sleep duration and quality); however, their complex interactions remain poorly elucidated. Comparisons between the various dietary patterns in terms of their nutritional components, long-term sustainability, taking into account an individual's lifestyle, or planetary sustainability, as well as their comparative performance against cardiovascular disease, are still of interest both for clinical practice and public health.

This Special Issue welcomes original articles and reviews. Submissions are encouraged to investigate potential interactions between lifestyle characteristics or between lifestyle and other factors (e.g., sociodemographic, biochemical, clinical, and psychological factors) and their association with cardiovascular disease risk.

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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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