

Special Issue

Nutrition and Lifestyle Behaviors for the Prevention and Management of Cardiovascular Health

Message from the Guest Editors

Cardiovascular diseases remain the leading cause of morbidity and mortality worldwide, with diet and lifestyle playing pivotal roles in both prevention and management. Despite extensive research, important questions regarding the effectiveness of dietary patterns, nutritional interventions, and lifestyle behaviors across diverse populations remain. This Special Issue aims to compile original research articles, systematic reviews, and perspectives that advance our understanding of how nutrition and lifestyle behaviors influence cardiovascular health. The scope of this Special Issue includes, but is not limited to, dietary patterns (e.g., Mediterranean, plant-based, DASH), nutrient-specific effects, physical activity, weight management, behavioral interventions, and implementation science. We particularly welcome studies that explore health disparities, personalized nutrition approaches, and the translation of evidence into practice and policy. We look forward to receiving contributions that enrich scientific research in this important field of study.

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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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