

## Special Issue

# Nuts for Human: The Role of Nuts in a Healthy Diet

### Message from the Guest Editors

Nuts are highly nutritious and widely consumed foods that offer various health benefits, especially regarding cardiovascular health, weight management, diabetes, metabolic imbalance, and chronic disease prevention. Regular consumption of nuts has been associated with reduced risks of developing cardiovascular diseases and has been linked to a decreased risk of atherosclerosis. Nuts have shown promise in improving the metabolic profile of individuals, reducing the lipid profile and inflammation, improving endothelial function, and lowering blood pressure. This Special Issue provides an excellent opportunity for researchers to contribute significantly to the intersection between nutritional science and cardiovascular care. We invite submissions of original research, reviews, meta-analyses, and perspective articles that address these or related topics. Submissions should aim to fill gaps in the existing literature, challenge established paradigms, or explore the biological mechanisms by which nut constituents (such as unsaturated fats, L-arginine, and plant sterols) influence endothelial function, plaque stability, and cardiac biomarkers.

### Guest Editors

Prof. Dr. Isac Medeiros

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### Deadline for manuscript submissions

closed (15 May 2025)



## Nutrients

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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.

### Editors-in-Chief

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