

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

Departamento de Ciências Farmacêuticas/Centro de Ciências da Saúde, Universidade Federal da Paraíba, Cidade Universitária—Campus I, Caixa Postal 5009, João Pessoa 58051-970, Brazil

Dr. Robson Cavalcante Veras

Health Sciences Center, Department of Pharmaceutical Sciences, Campus I, Federal University of Paraíba, João Pessoa 58059-900, PB, Brazil

Deadline for manuscript submissions

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

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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

Prof. Dr. Lluís Serra-Majem

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

Prof. Dr. Maria Luz Fernandez

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

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