

Special Issue

Nutrition and Coronary Artery Disease: Searching for the Best Solution for Cardiovascular Health

Message from the Guest Editor

Cardiovascular diseases are the leading cause of mortality worldwide. Dyslipidemia, in particular LDL cholesterol, has been demonstrated as a causal factor of atherosclerosis. Endothelial dysfunction and inflammation play a central role in the development and progression of atherosclerosis associated with adverse cardiovascular events. The prevention of atherosclerosis and its consequences should start early. Providing education for young adults on the benefits of lifestyle interventions to prevent or delay chronic diseases such as cardiovascular diseases is the most important way to reduce the cardiovascular risk. The cardioprotective effects of different types of diets like low-fat diets, vegan diets, and Mediterranean diets have been recently reviewed. Dietary interventions have been shown to exert cardioprotective effects such as decreasing inflammation and oxidative stress, antithrombotic activity, improving endothelial function, and lowering blood lipids. This Special Issue of *Nutrients* aims to present the advantages of new non-pharmacological approaches to reduce cardiovascular risk in the search for the best solutions for cardiovascular health.

Guest Editor

Prof. Dr. Grażyna Odrowąż-Sypniewska

Department of Laboratory Diagnostics, Collegium Medicum, Nicolaus Copernicus University, 87-100 Toruń, Poland

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Nutrients
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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