

Special Issue

Nutrition and Atherosclerosis: From Bench to Bedside

Message from the Guest Editor

Atherosclerosis is the main cause of cardiovascular disease (CVD), which despite significant advances in treatment, remains the leading cause of mortality among adults. Atherosclerosis is elicited by the impairment of endothelial function and results in a chronic inflammatory. A healthy dietary pattern is a cornerstone of CVD prevention and management, although the mechanistic underpinnings of dietary-pattern-related CVD risk reduction are not well understood. Nevertheless, plant-based diets and phytochemicals have been associated with improvement in atheroma plaque at an inflammatory level. Moreover, dietary micronutrient intake drives metabolic pathways that have emerged as key regulators of endothelial cell functions, which are deregulated during atherogenesis. This Special Issue aims to collect a set of articles directly or indirectly related to the influence of nutrition in atherosclerosis and cardiometabolic health. We welcome different types of manuscript submissions, including original research articles and up-to-date reviews (including systematic reviews and meta-analyses).

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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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