

## Special Issue

# Healthy Diet to Prevent Cardiovascular Disease

### Message from the Guest Editor

Cardiovascular diseases (CVDs) are the primary cause of mortality worldwide and significantly contribute to reduced overall health and increased healthcare expenditures. Dietary patterns exert a significant influence on cardiovascular risk, primarily by affecting key risk factors such as serum cholesterol levels, blood pressure, body weight, and diabetes. Addressing these factors through comprehensive interventions at various levels of society holds promise for promoting healthier dietary habits and preventing the progression of cardiovascular diseases.

This Special Issue aims to delve into research related to several aspects of this field, including calorie restriction, dietary components, specific nutraceuticals, dietary patterns, processed foods, and the underlying mechanisms that contribute to metabolic benefits such as oxidative stress and inflammation management. We aim to enhance our understanding of the intricate relationship between diet and cardiovascular health, paving the way for effective strategies to mitigate the impact of CVDs and their complications.

---

### Guest Editor

Dr. Wing Tak Jack Wong

School of Life Sciences, The Chinese University of Hong Kong, Hong Kong, China

---

### Deadline for manuscript submissions

closed (25 June 2024)



## Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/si/190795](https://mdpi.com/si/190795)

*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)





# Nutrients

an Open Access Journal  
by MDPI

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)



## 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 (IUIBS), 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

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

#### Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)