

Special Issue

The Effects of Diet on Inflammation, Cardiovascular Risk and Metabolic Syndrome

Message from the Guest Editor

Maintaining a healthy body requires proper nutrition; however, in recent years, it has become increasingly apparent that many people consume excessive amounts of unhealthy nutrients. This dietary habit can increase the risk of chronic cardiometabolic diseases, impair glucose regulation and lipid metabolism, and lead to obesity as well as diabetes. This Special Issue aims to evaluate the progress made in understanding the mechanisms of action of individual nutrients or dietary patterns and the pathways involved in their impact on cardiovascular risk, chronic inflammation, and metabolic syndrome. These advancements would contribute to the prevention and treatment of chronic diseases. We invite research papers and up-to-date review articles on topics related to population-based studies or animal models. These may include, but are not limited to, the interaction of diet/nutrients and genetics in disease development and progression, therapeutic approaches based on dietary/nutraceutical supplements, and the relationship between dietary compounds and gut-microbiota-derived metabolites in impacting cardiometabolic and inflammatory diseases.

Guest Editor

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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.

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