

## Special Issue

# Diet and Exercise: Cardiovascular Responses in Health and Disease

### Message from the Guest Editor

This Special Issue examines how diet and exercise independently and synergistically modulate cardiovascular function across the spectrum of health and disease. We welcome studies in the public and in populations at elevated risk. We invite work on dietary patterns, macro-, micronutrients, bioactives, hydration, electrolytes, and ergogenic aids. Outcomes may include blood pressure, haemodynamics, vascular endothelial function, autonomic balance, arrhythmia, cardiac structure and performance, recovery, and biomarkers of stress/injury and inflammation. We welcome genomic and multi-omics studies—including nutrigenomics, transcriptomics, proteomics, metabolomics, lipidomics, and microbiome analyses—to clarify mechanisms, heterogeneity of response, and potential gene–diet and diet–exercise interactions. Submissions leveraging multimodal data and robust analytics are also encouraged. We seek a diverse methodological portfolio: randomised trials, mechanistic and cohort studies, real-world database studies, systematic reviews/meta-analyses, and implementation research. Our aim is to translate complex evidence into actionable, practice-ready guidance for clinicians, practitioners, and policy.

### Guest Editor

Dr. Yoko M. Nakao

Department of Pharmacoepidemiology, Graduate School of Medicine and Public Health, Kyoto University, Yoshidakonoe-cho, Sakyo-ku, Kyoto 606-8501, Japan

### Deadline for manuscript submissions

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

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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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