

Special Issue

Improving Cardiometabolic Health: Nutrition-Related Strategies and Mechanisms

Message from the Guest Editor

The primary prevention of cardiovascular disease (CVD) is crucial for reducing global morbidity and mortality. The three fundamental pillars—a healthy diet, regular exercise, and quitting smoking—are modifiable lifestyle choices. Certain foods benefit vascular function, while others may harm it. Anti-inflammatory and antioxidant foods and drinks promote heart health. However, the field of dietetics is dynamic, with ongoing debates about the impacts of red meat, dairy, vitamin D, and the concept of chrononutrition. Current focuses include novel nutritional evaluations, personalized nutrition, fasting, gene–diet interactions, and education for better adherence. The Mediterranean diet, the most researched dietary pattern, is recommended for cardiovascular and general health, but other appealing dietary alternatives exist. Dietary guidelines emphasize the key components and nutrients linked to cardiovascular health and overall mortality. Calorie restriction is considered one of the most effective ways to slow cardiovascular aging. Determining optimal dosages and consumption frequencies is essential for developing comprehensive cardiovascular health strategies.

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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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