

Special Issue

Nutritional Strategies for Arterial Health

Message from the Guest Editors

Nutritional strategies play a crucial role in maintaining arterial health, a cornerstone of overall cardiovascular wellness. Arterial health encompasses the integrity and functionality of arteries, vital for efficient blood circulation and the prevention of cardiovascular diseases such as atherosclerosis, hypertension and stroke. Scientific research consistently underscores the impact of dietary habits on arterial health, with certain nutrients demonstrating protective effects while others contribute to arterial dysfunction. Understanding the interplay between nutrition and arterial health is imperative for developing targeted dietary interventions to mitigate cardiovascular risks and promote optimal vascular function. This Special Issue highlights the significance of nutritional strategies in preserving arterial health and preventing cardiovascular diseases.

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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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