

Special Issue

Diet, Nutrition and Cardiovascular Health

Message from the Guest Editors

Cardiovascular diseases (CVDs) are unequivocally established as prominent contributors to global mortality, consistently ranking among the leading causes of death worldwide. In light of this considerable impact, concerted efforts in prevention, early detection, and optimal management strategies are imperative for addressing CVDs as an urgent global public health priority. Diet and nutrition play a pivotal role in cardiovascular health, exerting profound effects on the prevention and management of CVDs. The assortment of published articles underscores the paramount importance of a healthy-heart diet, emphasizing the influence of critical nutrients, dietary patterns, such as the Mediterranean diet and DASH diet, and specific food groups on cardiovascular health. This Special Issue aims to provide insights into the complex relationship between diet, nutrition, and cardiovascular health. It will explore the latest research findings, cutting-edge interventions, and evidence-based recommendations to empower healthcare professionals that can contribute to improved cardiovascular outcomes.

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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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