

Special Issue

Dietary Strategies for Cerebrovascular Health: Prevention, Treatment, and Risk Factors

Message from the Guest Editors

Cerebrovascular diseases, including ischemic as well as hemorrhagic strokes and vascular cognitive impairment, are leading global causes of mortality and disability.

Diet, an easily modifiable risk factor, offers promise for prevention and treatment. From nutritional supplements to altering food quantity, composition, and timing, dietary interventions hold potential in managing cerebrovascular, neurological, and neurodegenerative diseases. Time-restricted eating and intermittent fasting have garnered recent interest for their potential to alleviate cerebrovascular disorders by reducing oxidative stress, inflammation, and enhancing neuroprotection; however, rigorous experimental, epidemiological, and clinical studies are needed to establish their effectiveness and mechanisms. We invite original research articles and reviews to advance our understanding of dietary strategies for cerebrovascular health. Contribute to this vital conversation and help shape the future of cerebrovascular disease management. For submission guidelines and more information, visit https://www.mdpi.com/journal/nutrients/special_issues/VO60H70NOW.

Guest Editors

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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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