Special Issue

Nutritional Interventions for Cardiometabolic Health and Healthy Aging

Message from the Guest Editors

As populations age worldwide, the burden of cardiometabolic diseases—including cardiovascular disease, type 2 diabetes, and metabolic syndrome—continues to rise, threatening both health systems and individual quality of life. Nutrition plays a pivotal role in the prevention and management of these conditions, as well as in promoting healthy aging. Nutritional interventions, including dietary patterns such as the Mediterranean and DASH diets, as well as specific nutrients like omega-3 fatty acids, polyphenols, and fiber, have shown promise in modulating inflammation, insulin sensitivity, lipid profiles, and vascular function. Beyond disease prevention, emerging research also highlights how nutrition influences biological aging markers, muscle mass preservation, cognitive resilience, and mitochondrial function. This topic explores the latest evidence on dietary strategies designed to support cardiometabolic health and promote longevity, with a focus on mechanism-based approaches, clinical interventions, and public health implications.

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Deadline for manuscript submissions

25 February 2026

Nutrients

an Open Access Journal by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed

mdpi.com/si/250621

Nutrients
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mdpi.com/journal/nutrients

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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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