

Special Issue

Role of Diet in Arterial Stiffness and Atherosclerosis

Message from the Guest Editors

The composition of the diet has an important role in health throughout life. The different patterns of the diet and its composition of macronutrients and micronutrients influence morbidity and mortality due to cardiovascular diseases. In turn, cardiovascular diseases are conditioned by arterial stiffness and the presence of atherosclerosis. There is a growing scientific and clinical interest in the role of different dietary patterns, as well as macronutrients and micronutrients in arterial stiffness and atherosclerosis. This Special Issue will focus on research describing the influence of different dietary patterns, macronutrients, and micronutrients on arterial stiffness and atherosclerosis. As well as in those interventions aimed at improving arterial stiffness or atherosclerosis.

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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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