

Special Issue

Diet and Cardiovascular Prevention

Message from the Guest Editor

Cardiovascular disease represents one of the major causes of death around the world. Intervention strategies include adequate lifestyle and diet. Appropriate nutrition is a wellbeing cornerstone, and the correct dietary regimen is relevant from childhood to adulthood in order to prevent degenerative disorders. Observational, prospective, and randomized studies demonstrate dietetic intervention as safe and successful, whereas criticisms are related to long-term compliance or nutrient intake.

The aim of this Special Issue on “Diet and Cardiovascular Prevention” is to show the effects of dietary regimen on different cohorts and across primordial prevention to high-risk patients, to discuss the impact of macronutrients on biochemical parameters and on microbiota, to elucidate the differences and benefits of saturated versus mono- and polyunsaturated fatty acids, going through different dietary models including the Mediterranean diet and also considering functional foods, or food supplements, as part of a balanced diet. The biggest objective is once more to underline the relevance of nutrition and diet from updated scientific findings.

Guest Editor

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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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