

Special Issue

Mediterranean Dietary Pattern and Cardiovascular Health

Message from the Guest Editors

The Mediterranean dietary pattern is a healthy approach designed to reduce the consumption of animal fats and cholesterol, with the right balance between energy consumption and expenditure, and is characterized by a balanced consumption of foods rich in fiber, antioxidants and unsaturated fatty acids. However, this pattern also includes other behaviors, such as daily physical activity, low levels of stress and healthy habits that may lead to longevity and healthy aging.

Accordingly, the Mediterranean diet has been widely studied for its cardiometabolic properties and the beneficial effects it offers on health. Several studies and meta-analyses have shown that the beneficial effects come from the synergistic effect of various nutrients of the Mediterranean diet and not from a single ingredient. Thus, this Special Issue on 'Mediterranean Dietary Pattern and Cardiovascular Health' seeks to gather and/or address some gaps by publishing selected papers detailing specific aspects of the Mediterranean dietary pattern and its components that could play a role in maintaining cardiovascular health with advancing age.

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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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