

Special Issue

Nutritional Factors and Hypertension

Message from the Guest Editor

High blood pressure (arterial hypertension) is the most prevalent risk factor for cardiovascular disease, which every year leads to millions of deaths and disability worldwide. Among risk factors contributing to elevated blood pressure, diet is considered one of the most important. The quantity and quality of food, and in particular salt, fat, minerals, alcohol, fruit, and vegetable intake, can either increase or decrease the average blood pressure. At the same time, different foods might interact either with each other, or with the genetic background of the individual, or with other behavioral, environmental, and endogenous factors to determine individual blood pressure. Moreover, in recent years, intensive efforts to understand more about the microbiome and how it can contribute to BP homeostasis have been made. This Special Issue will cover at least some of the many aspects of the relationships and interactions between foods (both macronutrients and micronutrients) and blood pressure, trying to dissect new aspects of hypertension and to detect new possible targets for tailored intervention.

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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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