

Special Issue

Nutrition Intervention and Cardiovascular Disease

Message from the Guest Editors

Dietary factors influence the development of cardiovascular diseases either directly or through their action on traditional risk factors, such as plasma lipids, blood pressure, inflammation, or glucose levels. However, many discordant results have been observed due to both methodological problems (particularly inadequate sample sizes or short study durations) and the difficulties of evaluating the impact of a single dietary factor independent of any other changes in the diet. To overcome, at least in part, these problems, in recent years, nutrition research has focused on the relationship between atherosclerotic cardiovascular disease on the one hand, and foods and dietary patterns—rather than single nutrients—on the other.

The present Special Issue aims to embrace updated research on nutritional intervention, including nutraceuticals and functional food, for preventing atherosclerotic cardiovascular disease or modifying risk factors, such as low density lipoprotein cholesterol (LDLC), high sensitivity C reactive protein (hsCRP), blood pressure and hemoglobin A1c (HbA1c).

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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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