

Special Issue

Nutrition, Lifestyle and Cardiovascular Disease

Message from the Guest Editor

Despite numerous advances in the prevention and treatment of cardiovascular disease, it remains the leading cause of death in both men and women worldwide. This Special Issue on “Nutrition, Lifestyle and Cardiovascular Disease” is focused on the role that nutrition and lifestyle have on cardiovascular disease (CVD) and its risk factors. Lifestyle factors including nutrition, smoking, excessive alcohol consumption, unhealthy weight, and physical inactivity can affect CVD risk. The likelihood of developing CVD increases with unhealthy dietary patterns and/or lifestyle behaviors, leading to an unfavorable lipid profile and high blood pressure, both risk factors for CVD. Additionally, diet and lifestyle factors can influence vessel health such as arterial stiffness and endothelial function, subsequently leading to CVD. Therefore, the focus of this Issue is intentionally broad and will explore a wide range of nutrients and/or dietary patterns as well as other lifestyle factors and their association with risk factors for CVD.

Guest Editor

Dr. Shannon L. Lennon

University of Delaware, Department of Kinesiology and Applied Physiology, Newark, United States

Deadline for manuscript submissions

closed (30 November 2021)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/58870

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)



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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (UIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)