

## Special Issue

# Salt in Health and Disease—a Delicate Balance

### Message from the Guest Editor

High intake of dietary salt is a well-known risk factor for hypertension. The World Health Organization has established high salt consumption as a major risk factor for stroke and cardiovascular disease, which is mainly caused by high blood pressure. High salt intake also causes fluid overload, which is one of the main causes of heart failure. Moreover, some recent studies revealed the association between serum sodium levels and chronic kidney disease. Most major health and scientific organizations recommend the restriction of salt intake. However, sodium is an important component for humans to maintain biological functions, such as maintaining body fluid volume, osmotic balance in the blood, and extracellular and intracellular fluids. It is time to discuss Salt in Health and Disease—A Delicate Balance. We hope the Special Issue covers most fields of medicine, including cardiology, nephrology, epidemiology, nutrients, and so on. On this topic, you are invited to submit proposals for manuscripts that fit the objectives and the topics of this Special Issue.

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### Guest Editor

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### Deadline for manuscript submissions

closed (20 December 2020)



## Nutrients

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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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