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Nutrients and Atherosclerosis

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Message from the Guest Editor

Dear Colleagues,

Epidemiological evidence has provided a wealth of information on the benefits of a diet rich in fruits and vegetables in reducing the risk of cardiovascular disease. Despite this, the exact mechanisms for these protective effects remain largely unknown. Fruits and vegetables are rich in a range of bioactive components, including polyphenols, antioxidants, vitamins, minerals, and other important molecules. Following ingestion, a number of these molecules can undergo extensive metabolism, such that their metabolites are more bioactive. Furthermore, it is important to note that individual dietary components may act differently when not included as part of a whole food matrix.

This Special Issue will include original research and scientific perspectives on the function and role of nutrients in atherosclerosis, either as individual components or as part of a diet rich in fruits and vegetables.

Dr. Natalie C. Ward

Guest Editor



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Special Issue



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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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