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## Foods, Plant Bioactives and Nutraceuticals for Reducing Cardiometabolic Disease Risk

Guest Editors:

**Dr. Federica Fogacci**

Atherosclerosis and Metabolic Disease Study Center, University of Bologna, 40138 Bologna, Italy

**Prof. Dr. Claudio Borghi**

Atherosclerosis and Metabolic Disease Study Center, University of Bologna, 40138 Bologna, Italy

**Dr. Arrigo Cicero**

Atherosclerosis and Metabolic Disease Study Center, University of Bologna, 40138 Bologna, Italy

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**closed (25 April 2024)**

### Message from the Guest Editors

Cardiovascular diseases (CVDs) are major causes of mortality and disability in Western countries. Prevention is known to be the cornerstone of lessening the incidence of CVDs and reducing the economic burden on both the citizen and the healthcare system. "Interventional medicine" places lifestyle modification as the first therapeutic step, including a healthy diet and physical activity. Secondly, a large body of research has individuated a number of food and plant bioactives which are potentially efficacious in preventing and reducing some highly prevalent CV risk factors, such as hypercholesterolemia, hypertension, vascular inflammation and vascular compliance. Some lipid- and blood-pressure-lowering bioactives have been studied for their impact on human vascular health, particularly as regards endothelial function and arterial stiffness.

In this Special Issue, we invite researchers to contribute original research and review articles focusing on available evidence regarding the effects of food, plant bioactives and nutraceuticals on lipid profile, blood pressure, inflammatory and endothelial markers, and vascular compliance.



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# Special Issue



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1. Centro de Investigación  
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2. Research Institute of  
Biomedical and Health Sciences  
(IUIBS), 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

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## Contact Us

*Nutrients* Editorial Office  
MDPI, St. Alban-Anlage 66  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
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