



Nutritional Recommendations for Cardiovascular Risks

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Message from the Guest Editors

Dear Colleagues,

This Special Issue of the *International Journal of Environmental Research and Public Health (IJERPH)* will focus on the current pool of knowledge regarding links between nutrition and CVD, with the aim of enabling the translation of theory into practical guidelines. Here, are some examples of topics that could be addressed in this Special Issue:

1. Dietary patterns and CVD:
 - Ketogenic diet vs. Paleolithic diet, low-carbohydrate diet;
 - Vegetarian, vegan, plant-based diets;
 - Mediterranean, Nordic, other culture-based diets.
2. Food and CVD:
 - Green tea, coffee, sugar-sweetened beverages;
 - Tomato and tomato sauce, Turmeric;
 - Whole grains and added fiber.
3. Nutritional supplements and CVD:
 - Magnesium;
 - Omega-3;
 - Red-yeast rice.
4. Environmental factors associated with diet, and CVD:
 - Desalinated water;
 - Ultra-processed food;
 - Red meat not ultra-processed;
 - Bottled drinks.





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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