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Role of Nutrition in Prevention and Management of Coronary Artery Disease

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Deadline for manuscript
submissions:

closed (25 April 2023)

Message from the Guest Editor

Dear Colleagues,

Diet is a fundamental modifiable risk factor for the prevention and reduction of risk for coronary heart disease (CHD). Currently, the focus is on non-inflammatory diets, such as intake of healthy fats (from poultry, fish, and nuts), vegetable-based low-carbohydrate diets, moderate alcohol consumption, moving away from pill-based supplements to a Mediterranean diet, and promotion of personalized therapy. Yet, the issue of diet adherence remains one of the major obstacles to the improvement of CHD. This issue will report on the current dietary knowledge to reduce CHD, as well as psychological and spiritual methods to maintain dietary adherence.



mdpi.com/si/139368

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Journal Rank: JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Food Science)

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