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## Diets and Eating Patterns on Cardiovascular Risk

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### Message from the Guest Editor

Diet and eating patterns play a crucial role in influencing health outcomes. Research emphasizes the importance of studying dietary patterns as a whole rather than focusing on individual food components, as they can significantly affect health through synergistic interactions. Studies have shown that adherence to healthy diet patterns such as the Mediterranean or DASH diets can lead to improved cardiovascular health by positively modifying lipid profiles, reducing obesity, and influencing the gut microbiota, potentially lowering the risk of cardiovascular diseases and prolonging life.

This Special Issue welcomes research articles and reviews focused on the effects of dietary patterns, the roles of specific nutrients such as dietary lipids or proteins in the diet, and dietary interventions impacts on cardiovascular risk. Furthermore, studies that focus on brain health are also welcome, as healthy diets are also important for maintaining optimal brain function and preventing mental disorders.



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