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Dietary Guidance for Cardiovascular Health

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Message from the Guest Editor

Dear Colleagues,

The primary prevention of cardiovascular disease is fundamental to reducing the rates of morbidity and mortality worldwide. Among the modifiable lifestyle behaviors, a healthy diet along with exercise and smoking cessation remain the cornerstones of primary prevention. Considering diet, a wide range of dietary products have been shown to exert beneficial effects on vascular function, whereas others have been shown to have the opposite effect. Taking into consideration the ample data on the effect of diet on cardiovascular and total mortality and given that calorie restriction has been proposed as the one of the most effective measures to delay cardiovascular aging, dietary guidance for cardiovascular health focusing on the most essential diet components and nutrients, based on their molecular actions and clinical outcomes, is warranted. Recommended doses and optimal intake frequency will enable the most comprehensive approach toward the issue.

Dr. Panagiota G. Pietri

Guest Editor



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