



## Nutrition and Cardiovascular Outcomes

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### Message from the Guest Editor

Dear Colleagues,

Although nutrition has been studied for centuries, modern nutrition science is quite recent, accelerating after the beginning of the 20th century. In the specific context of cardiovascular disease (CVD), the complex interplay with nutrition has been a matter of great interest and investigation. Indeed, it has been clearly depicted that a dietary plan based, among others, on fruits, whole grains, vegetables, olive oil, and fish, avoiding trans and saturated fats, red meat, sodium, sugar-sweetened beverages, and refined carbohydrates, improves CV health. Accordingly, on top of pharmacotherapy, healthy dietary choices have been developed such as the Mediterranean diet and the Dietary Approaches to Stop Hypertension (DASH) diet. However, despite the increasing understanding of the contribution of eating decisions in primary and secondary CVD prevention, there are still several gaps in the evidence and conflicting information, especially for complex patients with comorbidities. The aim of this Special Issue is to summarize the current evidence on nutrition and CVD interaction and provide individualized recommendations aiming at cardiovascular health promotion.





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