



nutrients



an Open Access Journal by MDPI

Does Diet Still Have an Important Role in Treating Hypertension?

Guest Editor:

Prof. Dr. Paul Nestel

Baker Heart & Diabetes Institute,
Melbourne 3004, Australia

Deadline for manuscript
submissions:

closed (25 July 2024)

Message from the Guest Editor

Dear Colleagues,

Hypertension is a major global burden of cardiovascular risk. Several classes of drugs are generally effective but are associated with adverse side effects. Recently developed drugs are expensive in less affluent countries as modern technologies seek target-specific compounds. This environment leads to the diminished use of dietary intervention even as an accepted valuable adjunct to pharmacological therapies. There is a need to explore the potential of established dietary measures, both eating patterns and specific evidence-based single compounds. This Special Issue attempts to establish the optimal dietary patterns that should be part of the routine management of high blood pressure.

Prof. Dr. Paul Nestel
Guest Editor



mdpi.com/si/194960

Special *Issue*



an Open Access Journal by MDPI

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

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

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

Contact Us

Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/nutrients
nutrients@mdpi.com
X@Nutrients_MDPI