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Salt and Cardiovascular Health

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Message from the Guest Editors

Cardiovascular disease (CVD) is the leading cause of death worldwide. Sodium is a micronutrient mainly found in salt, that is consumed in multiple higher-than-recommended quantities, and has an aggravating role in CVD development. There are many questions and issues that seek answers, both in research as well as clinical practice, with easily applicable methods to accurately quantify the daily dietary intake, methods to motivate and educate individuals in order to recognize the problem and take preventive actions, identify salt-sensitive individuals at a higher risk for CVD or hypertension. Community- and food industry-oriented interventions are necessary to improve adherence to international guidelines regarding the daily consumption of sodium.

The objective of this Special Issue of *Nutrients* is to gather original articles examining all the above facets of the problem, starting from the pathophysiology and epidemiology to the clinical implementation and community education regarding the detrimental role of sodium in CV health and blood pressure. Likewise, relative reviews and meta-analysis in the field are also welcome for this Special Issue.



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Special Issue



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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.

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