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Role of Diet in Arterial Stiffness and Atherosclerosis

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Message from the Guest Editors

Dear Colleagues,

The composition of the diet has an important role in health throughout life. The different patterns of the diet and its composition of macronutrients and micronutrients influence morbidity and mortality due to cardiovascular diseases. In turn, cardiovascular diseases are conditioned by arterial stiffness and the presence of atherosclerosis. There is a growing scientific and clinical interest in the role of different dietary patterns, as well as macronutrients and micronutrients in arterial stiffness and atherosclerosis.

This Special Issue will focus on research describing the influence of different dietary patterns, macronutrients, and micronutrients on arterial stiffness and atherosclerosis. As well as in those interventions aimed at improving arterial stiffness or atherosclerosis.

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Guest Editors



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