

## Special Issue

# The Effect of Diet on Cardiovascular Disease, Heart Disease and Blood Vessels

### Message from the Guest Editor

Appropriate lifestyle interventions, including nutrition, physical activity and exercise training, have been proposed as excellent potential candidates to prevent, slow, or even cure cardiovascular diseases. However, there are still so many open questions about the optimal intake of total energy and the distribution of macronutrients and micronutrients, and the appropriate exercise modality that is best suited or the most effective for heart diseases. In this special issue, we are accepting articles relating the effect of diet on cardiovascular disease, heart disease, and blood vessels. We request the submission of articles providing interesting data on the epidemiology, genetics, clinical trials, digestibility, bioaccessibility, metabolism, absorption, bioactivity, effect on microbiota, food matrix effect, and extreme case report relating this issue. Methodological studies of dietary and biomarker measurements in terms of their application in epidemiological studies are also welcomed. We encourage the scientific community to make significant and innovative contributions to enhance our knowledge of the effects of diet on “heart disease”.

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### Guest Editor

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### Deadline for manuscript submissions

closed (30 November 2021)



## Nutrients

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## About the Journal

### 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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