

Special Issue

Mediterranean Dietary Pattern and Cardiovascular Health

Message from the Guest Editors

The Mediterranean dietary pattern is a healthy approach designed to reduce the consumption of animal fats and cholesterol, with the right balance between energy consumption and expenditure, and is characterized by a balanced consumption of foods rich in fiber, antioxidants and unsaturated fatty acids. However, this pattern also includes other behaviors, such as daily physical activity, low levels of stress and healthy habits that may lead to longevity and healthy aging.

Accordingly, the Mediterranean diet has been widely studied for its cardiometabolic properties and the beneficial effects it offers on health. Several studies and meta-analyses have shown that the beneficial effects come from the synergistic effect of various nutrients of the Mediterranean diet and not from a single ingredient. Thus, this Special Issue on 'Mediterranean Dietary Pattern and Cardiovascular Health' seeks to gather and/or address some gaps by publishing selected papers detailing specific aspects of the Mediterranean dietary pattern and its components that could play a role in maintaining cardiovascular health with advancing age.

Guest Editors

Dr. Christina Chrysohoou

First Department of Cardiology, Hippokraton General Hospital, National and Kapodistrian University of Athens Medical School, 114 Vasilissis Sofias Avenue, 11527 Athens, Greece

Dr. Alexandra Foscolou

1. Department of Nutrition and Dietetics, School of Health Sciences and Education, Harokopio University, Athens, Greece

2. Hippokraton General Hospital, Athens, Greece

3. School of Arts and Sciences Rutgers University, New Brunswick, NJ, USA

Deadline for manuscript submissions

closed (15 June 2023)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 10.2
Indexed in PubMed



mdpi.com/si/114165

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 10.2
Indexed in PubMed



[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)



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.

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 (Nutrition and Dietetics)