

## Special Issue

# Nutrition, Energy Metabolism, and Cardiovascular Health

### Message from the Guest Editors

As the prevalence of cardiovascular disease continues to rise worldwide, it is more important than ever to improve our understanding of how diet and energy metabolism can influence the risk factors associated with these diseases. Balanced diets or dietary patterns have shown benefits in modifying risk factors such as dyslipidaemia, preventing diabetes, or improving endothelial function. This effect could be mediated by the effect of the nutrients in the food consumed on energy metabolism. In addition, the use of dietary supplements or nutraceuticals may be of interest if their efficacy is proven, such as the use of omega-3 fatty acids in the prevention of cardiovascular events or coenzyme Q10 as an adjuvant treatment in heart failure. This Special Issue is aimed at original or review articles, in humans or animal models, that investigate the effect of dietary patterns, nutrients, or dietary/nutraceutical supplements on cardiovascular health via metabolic changes. This effect on cardiovascular health may be direct (change in the occurrence of cardiovascular events or their prognosis) or indirect (change in risk factors associated with cardiovascular disease).

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### Guest Editors

Dr. Iván Cavero Redondo

Dr. Alicia Saz-Lara

Dr. Carlos Pascual-Morena

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### Deadline for manuscript submissions

closed (17 December 2023)



## 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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### Editors-in-Chief

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