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From NAFLD to MAFLD: The Role of Diet and Lifestyle in Its Pathophysiology and Treatment

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Message from the Guest Editor

Dear Colleagues,

Non-alcoholic fatty liver disease, (NAFLD) has been recently renamed as metabolic-associated fatty liver disease (MAFLD), based on not only the presence of hepatic steatosis on ultrasound but also the additional presence of either overweight or obesity or metabolic risk factors.

This series will explore the detrimental impact of poor diet and/or physical inactivity on NAFLD/MAFLD's pathophysiology and associated extra-hepatic outcomes through interacting with genetic factors. This may be related to such dietary factors as different macronutrient compositions, different relative intakes of plant vs. meat-based products, sugar-sweetened beverages or ultraprocessed foods with examples from overfeeding/inactivity studies. Additionally, the series will explore the impact of dietary modifications (e.g., intermittent fasting, time-restricted feeding, low-carb diets or low-calorie diets). We will also explore the impact of physical activity modulation, including walking-based, aerobic, resistance or high-intensity interval training.

Original articles/research articles, narrative review, systematic reviews and meta-analyses are invited for consideration.



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