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Emerging Dietary or Nutritional Interventions for Preventing and Treating Liver Diseases

Guest Editors:

Dr. Rodrigo Valenzuela

Department of Nutrition, Faculty of Medicine, University of Chile, Santiago 8380000, Chile

Dr. Francisca Echeverria

Carrera Nutrición y Dietética, Departamento Ciencias de la Salud, Facultad de Medicina, Pontificia Universidad Católica de Chile, Santiago 7820436, Chile

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Message from the Guest Editors

Dear Colleagues,

Worldwide, there is a significant and escalating prevalence of gastrointestinal and liver diseases, such as NASH and NAFLD. Affecting lifestyle changes and making dietary adjustments play a pivotal role in both preventing and treating gastrointestinal and liver diseases. Among these, intermittent fasting and the consumption of functional foods (foods that confer health benefits beyond basic nutrition) have gained attention. However, prior to their recommendation, evidence regarding their health outcome and molecular mechanisms is required.

In this Special Issue, we would like to discuss the future direction of emerging dietary and nutritional interventions for preventing and treating liver disease. We welcome manuscripts regarding the association between bioactive compounds and liver disease but also promising dietary interventions, including intermittent fasting, calorie restriction, and functional foods.

Dr. Rodrigo Valenzuela
Prof. Dr. Francisca Echeverria
Guest Editors



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Special *Issue*



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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

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Contact Us

Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

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