

Special Issue

Diet Quality, Lifestyle and Liver Health

Message from the Guest Editor

Chronic liver diseases (CLDs), represented mainly by non-alcoholic fatty liver disease (NAFLD), viral hepatitis and alcoholic liver disease, represent a real and current global threat. It is estimated that there are more than 1.5 billion CLDs cases worldwide, including any stage of disease severity. Dietary habits and overall lifestyle exhibit a pivotal role in CLD pathogenesis and constitute key components of CLD onset, progression and management. Within this context, it is essential to address the progress and current understanding on the role of diet and lifestyle in CLDs and their treatment. For this Special Issue, I am inviting authors to submit original research and review articles on a wide spectrum of topics related to diet, lifestyle and liver health, including aspects of personalised dietary treatment and lifestyle (i.e. nutrigenetics/nutrigenomics, epigenetics and gut microbiome), as well as any liver-related complication.

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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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