

Special Issue

The Impact of Nutrition on Metabolic Liver Diseases

Message from the Guest Editor

Metabolic liver diseases, including NAFLD and MASLD, pose a major global health challenge. Nutrition plays a key role in their pathogenesis, progression, and potential reversal. Recent research highlights the effects of dietary composition, caloric intake, macronutrient balance, and gut microbiome changes on liver metabolism. Additionally, emerging therapies such as dietary interventions, fasting, and nutraceuticals offer promising treatment options. This Special Issue seeks to explore the latest findings on nutrition's role in metabolic liver diseases, covering epidemiological studies, mechanisms, clinical trials, and meta-analyses. We welcome contributions on nutritional interventions, gut–liver axis interactions, and dietary patterns affecting liver health. By gathering cutting-edge research, this issue aims to provide valuable insights for clinicians, researchers, and policymakers working to develop effective nutritional strategies for liver disease.

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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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