

Special Issue

Diet and Lifestyle Tips: What Helps Prevent or Reverse MASLD?

Message from the Guest Editors

This Special Issue aims to explore the impact of dietary and lifestyle interventions on metabolic dysfunction-associated steatotic liver disease (MASLD). MASLD, previously known as non-alcoholic fatty liver disease, is increasingly prevalent worldwide, linked to metabolic disorders like obesity, insulin resistance, and cardiovascular disease. By focusing on evidence-based dietary approaches, physical activity, and other lifestyle modifications, this Special Issue seeks to uncover practical and innovative strategies for preventing or reversing MASLD. We invite researchers to contribute original research, systematic reviews, and meta-analyses that highlight effective interventions and mechanisms underlying MASLD improvement and prevention.

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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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