

Special Issue

Personal Dietary and Lifestyle Interventions in MASLD: Clinical and Experimental Perspectives

Message from the Guest Editor

Metabolic dysfunction-associated steatotic liver disease (MASLD), is the result of a complex interplay of genetic and environmental factors. Beyond genetics, nutrition, and physical activity are key determinants of MASLD onset and progression. The role of diet and lifestyle is crucial in both preventing and treating MASLD.

A diet rich in vegetables, fruits, whole grains, and oily fish can help in maintaining a healthy weight and reducing the risk of developing MASLD. In parallel, limiting one's intake of saturated fats, refined carbohydrates, and added sugars is essential. Among plant-based dietary patterns, the Mediterranean diet has shown efficacy in reducing liver fat accumulation. In treating MASLD, lifestyle interventions should focus on weight loss. A calorie-restricted diet, typically aiming for a 7-10% weight reduction, can significantly reduce liver steatosis, inflammation, and fibrosis. Beyond weight loss, promoting a higher intake of polyphenol-rich foods is recommended, as this may counteract liver damage. A personalized diet and increased physical activity are key to managing MASLD, potentially stopping or reversing its progression.

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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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