

Special Issue

The Impact of Dietary and Lifestyle Interventions on Liver Diseases

Message from the Guest Editor

Liver diseases, including metabolic dysfunction-associated steatotic liver disease/metabolic dysfunction-associated steatohepatitis, liver fibrosis, cirrhosis, hepatocellular carcinoma, and other chronic liver diseases, constitute a significant and escalating global public health burden. Emerging research highlights dietary and lifestyle interventions as key strategies for mitigating disease onset, slowing progression, and potentially reversing liver pathology, with microbiome modulation being an important mechanistic link between lifestyle factors and liver health. Advanced methods like target trial emulation now enable robust causal inference from observational data. This Special Issue invites original research articles, systematic reviews, clinical trials, and methodological papers utilizing approaches such as target trial emulation, to comprehensively assess the impact of dietary interventions, lifestyle modifications, and microbiome-targeted strategies across the spectrum of chronic liver diseases. Our goal is to provide evidence-based insights that guide clinical practice, inform public health initiatives, and ultimately enhance patient outcomes worldwide.

Guest Editor

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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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