

Special Issue

Eating Habits for Liver Disease Prevention

Message from the Guest Editor

We are very pleased to announce our Special Issue on “Eating Habits for Liver Disease Prevention”. The burden of nutrition-related chronic liver diseases continues to increase in Western countries, due to a change in eating habits towards highly processed, low fibre and high sugar food diets. Macro- and micro-nutrients contained in foods may promote insulin resistance, liver steatosis, dyslipidaemia and low-grade systemic inflammation (meta-inflammation). Furthermore, eating habits shape gut microbiota composition all throughout one’s life. Deleterious bacterial microbiota induce gut barrier dysfunction, translocation of bacterial compounds and liver inflammation, as well as systemic low-grade inflammation. In turn, a change in eating habits may reverse these processes, preventing liver damage. This Special Issue will, thus, include original research and reviews that focus on eating habits for the prevention and treatment of chronic liver disease (non-alcoholic fatty liver disease, alcohol liver disease and primary liver cancer).

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About the Journal

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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