

Special Issue

Nutritional and Lifestyle Strategies for Non-alcoholic Fatty Liver Disease

Message from the Guest Editors

It is a great pleasure for us to invite you to contribute to this Special Issue concerning nutritional and lifestyle strategies to cope with non-alcoholic fatty liver disease (NAFLD). NAFLD is the most common chronic liver disease in Western societies. It is characterized by the excessive accumulation of lipids, especially triglycerides, in the hepatocytes of the liver parenchyma and, consequently, it is strongly related to overweight, obesity, and insulin resistance. Its prevalence has been progressively increased in recent years, affecting about 20–30% of the global population, but it has 90% prevalence among obese individuals. If the pathological disorder is not appropriately treated, it can progress from NAFLD to the more advanced stage of non-alcoholic steatohepatitis (NASH) and fibrosis, which can, ultimately, lead to cirrhosis and liver cancer. On this basis, the current Special Issue aims to collect the most recent advances concerning nutritional and lifestyle interventions as a treatment for NAFLD. Therefore, we encourage the researchers to submit relevant manuscripts to this Special Issue in *Nutrients*.

Guest Editors

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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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