

Special Issue

Emerging Dietary or Nutritional Interventions for Preventing and Treating Liver Diseases

Message from the Guest Editors

Worldwide, there is a significant and escalating prevalence of gastrointestinal and liver diseases, such as NASH and NAFLD. Affecting lifestyle changes and making dietary adjustments play a pivotal role in both preventing and treating gastrointestinal and liver diseases. Among these, intermittent fasting and the consumption of functional foods (foods that confer health benefits beyond basic nutrition) have gained attention. However, prior to their recommendation, evidence regarding their health outcome and molecular mechanisms is required. In this Special Issue, we would like to discuss the future direction of emerging dietary and nutritional interventions for preventing and treating liver disease. We welcome manuscripts regarding the association between bioactive compounds and liver disease but also promising dietary interventions, including intermittent fasting, calorie restriction, and functional foods.

Guest Editors

Dr. Rodrigo Valenzuela

Department of Nutrition, Faculty of Medicine, University of Chile, Santiago 8380000, Chile

Dr. Francisca Echeverria

Carrera Nutrición y Dietética, Departamento Ciencias de la Salud, Facultad de Medicina, Pontificia Universidad Católica de Chile, Santiago 7820436, Chile

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Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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