

## Special Issue

# Relationship Between Diet and Lifestyle and Liver Health: From the Latest Perspective

### Message from the Guest Editor

Chronic liver diseases (CLDs), represented mainly by metabolic dysfunction-associated steatotic liver disease (MASLD), viral hepatitis, and alcoholic liver disease, represent a real and current threat at a global level. It is estimated that there are more than 1.5 billion CLD cases worldwide, encompassing individuals at various stages of disease severity. Dietary habits and overall lifestyle are pivotal in CLD pathogenesis and constitute key components of CLD onset, progression, and management. Within this context, it is essential to address the progress and current understanding of the role of diet and lifestyle in CLDs and their treatment. Authors are invited to submit original research and review articles on a wide spectrum of topics related to diet, lifestyle, and liver health, including aspects of personalized dietary treatment and lifestyle (i.e., nutrigenetics/nutrigenomics, epigenetics, and gut microbiome), as well as any liver-related complications.

---

### Guest Editor

Dr. Ioanna Panagiota Kalafati

1. Department of Nutrition and Dietetics, School of Health and Education, Harokopio University of Athens, 17676 Athens, Greece
2. Department of Nutrition and Dietetics, School of Physical Education, Sports and Dietetics, University of Thessaly, 42132 Trikala, Greece

---

### Deadline for manuscript submissions

closed (15 March 2025)



## Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/si/200608](https://mdpi.com/si/200608)

*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)





# Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)



## 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.

---

### 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

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

#### Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)