

Special Issue

Dietary Patterns, Lipid Metabolism and Fatty Liver Disease

Message from the Guest Editors

For years, the impact of diet on metabolic health has been recognized as a growing global concern. Dietary patterns such as high-fat, ketogenic, and restricted diets, or the addition of specific nutrients like vitamins, fructose, probiotics, and omega-3s, influence lipid metabolism in different ways. While some dietary approaches may support metabolic health, others can disrupt lipid balance, promoting insulin resistance, obesity, cardiovascular diseases and MASLD. Regarding this, MASLD is currently the most common liver disorder worldwide. The significant risk of progression of MASLD to cirrhosis and hepatocellular carcinoma, coupled with the fact that treatment options remain limited, underscores the urgent need for novel strategies to prevent this disorder. In addition, dietary patterns also play a key role in shaping the composition and functions of the gut microbiota. Therefore, this Special Issue aims to present original research exploring the mechanisms through which dietary patterns exert their beneficial or harmful effects while highlighting novel therapeutic interventions for the treatment of metabolic diseases.

Guest Editors

Dr. Emma Barroso

Department of Pharmacology, University of Barcelona, Barcelona, Spain

Dr. Laia Vilà

Department of Pharmacology, University of Barcelona, Barcelona, Spain

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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 (UIBS), 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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