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

Deadline for manuscript submissions

20 March 2026



Nutrients

an Open Access Journal by MDPI

Impact Factor 5.0 CiteScore 9.1 Indexed in PubMed



mdpi.com/si/232141

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

mdpi.com/journal/ nutrients





Nutrients

an Open Access Journal by MDPI

Impact Factor 5.0 CiteScore 9.1 Indexed in PubMed





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. Lluis Serra-Majem

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

Prof. Dr. Maria Luz Fernandez

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

Author Benefits

Palmas, Spain

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)