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Relationship between Diet and NAFLD: From Pathogenesis, Clinical and Epidemiological Studies to Prevention and Health Policy

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Message from the Guest Editors

NAFLD is the most common liver disease worldwide, affecting as many as a quarter of the global adult population. Currently, there is no effective drug therapy for this condition. In addition, an effective concept to maintain liver health in the context of the increasing prevalence of metabolic risk factors is missing. Therefore, lifestyle modification is the first-line treatment. While weight reduction has been shown to be effective, diet consists of many other aspects such as macro- and micro-nutrients, types of fats or carbohydrates with distinct effects, food processing levels, cooking methods, timing of eating, and behavioral, social, and psychological aspects. Several types of diets have been tested including low-carb, ketogenic, very low calorie diets, and intermittent fasting, but the evidence is still scarce. In this Special Issue of *Nutrients*, we aim to elaborate on the association of diet with NAFLD pathogenesis, prevention, treatment, and care, and to recommend evidence-based supportive policy measures.



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Special Issue



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