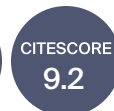




nutrients



an Open Access Journal by MDPI

Nutritional and Lifestyle Strategies for Non-alcoholic Fatty Liver Disease

Guest Editors:

Dr. Xavier Capó

Translational Research In Aging and Longevity (TRIAL) Group, Health Research Institute of the Balearic Islands (IdISBa), 07120 Palma, Spain

Dr. Margalida Monserrat-Mesquida

Research Group on Community Nutrition & Oxidative Stress, Balearic Islands Health Research Institute Foundation (IdISBa), University of Balearic Islands, 07122 Palma, Balearic Islands, Spain

Deadline for manuscript submissions:

closed (20 May 2023)

Message from the Guest Editors

It is a great pleasure for us to invite you to contribute to this Special Issue concerning nutritional and lifestyle strategies to cope with non-alcoholic fatty liver disease (NAFLD).

NAFLD is the most common chronic liver disease in Western societies. It is characterized by the excessive accumulation of lipids, especially triglycerides, in the hepatocytes of the liver parenchyma and, consequently, it is strongly related to overweight, obesity, and insulin resistance. Its prevalence has been progressively increased in recent years, affecting about 20–30% of the global population, but it has 90% prevalence among obese individuals. If the pathological disorder is not appropriately treated, it can progress from NAFLD to the more advanced stage of non-alcoholic steatohepatitis (NASH) and fibrosis, which can, ultimately, lead to cirrhosis and liver cancer.

On this basis, the current Special Issue aims to collect the most recent advances concerning nutritional and lifestyle interventions as a treatment for NAFLD. Therefore, we encourage the researchers to submit relevant manuscripts to this Special Issue in *Nutrients*.



mdpi.com/si/147291

Special Issue



nutrients



an Open Access Journal by MDPI

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 (Food Science)

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.

Contact Us

Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/nutrients
nutrients@mdpi.com
[X@Nutrients_MDPI](https://twitter.com/Nutrients_MDPI)