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Relationship between Diet and Lifestyle and Liver Health: From the Latest Perspective

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Message from the Guest Editor

Dear Colleagues,

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.

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Guest Editor



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