



Nutrition for Non-Alcoholic Fatty Liver Disease

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Deadline for manuscript submissions:

closed (15 September 2020)

Message from the Guest Editors

Dear Colleagues,

Non-alcoholic fatty liver disease (NAFLD) is becoming the major cause of liver-related morbidity. The pathogenesis is multifactorial, involving a combination of genetic, clinical, and environmental factors. The management of NAFLD is mainly focused on weight loss, but the optimal characteristics of the diet demand further investigation. The aim of this Special Issue, “Nutrition and Non-Alcoholic Fatty Liver Disease”, is to provide a literature compilation evaluating the evidence behind dietary strategies and components, including energy intake; fat, protein, and carbohydrate quantity and quality; and antioxidants and bioactive molecules, which could be a trigger to development and progression of the NAFLD and related comorbidities, such as obesity and insulin resistance, among others. Original research, systematic reviews, and meta-analyses should have a clear focus linking nutrition and NAFLD prevention, progression, treatment, and/or reversion.

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Journal Rank: JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Food Science)

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