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Special Issue Reprint

Nutrition in the Liver Damage

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Liver diseases are among the most significant global health challenges, with their incidence increasing alongside obesity, metabolic syndrome, and type 2 diabetes. Nutrition has become a key component in both the prevention and management of liver diseases by influencing lipid metabolism, insulin resistance, inflammation, oxidative stress, and the gut-liver axis.

This Reprint brings together ten articles published in the Special Issue “Nutrition in the Liver Damage” in *Nutrients*, providing a comprehensive overview of current knowledge on nutritional aspects of liver diseases. The contributions cover the molecular mechanisms underlying metabolic dysfunction-associated steatotic liver disease (MASLD), the roles of genetic susceptibility, body weight, and sex differences, as well as evidence-based dietary interventions. Particular attention is given to hepatoprotective dietary patterns and bioactive food components, including berries, green tea, quercetin, omega-3 fatty acids, probiotics, vitamins, and herbs. The volume also highlights nutrition in specific clinical settings, such as bariatric surgery and Gilbert’s syndrome, emphasizing the importance of personalized dietary strategies. By integrating experimental and clinical evidence, this collection demonstrates that nutrition is an essential element of comprehensive liver disease prevention and therapy. We hope this Reprint will serve as a valuable resource for clinicians, dietitians, researchers, and healthcare professionals, while stimulating further research into the relationship between nutrition and liver health.

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