

Lifestyle advice for patients identified as having or being at increased risk of developing fatty liver

In fatty liver there is a build-up of fat in the liver cells which may cause a rise in liver test results. Initially, this may not be associated with symptoms but in some patients this could lead to liver inflammation which may progress to liver scarring and cirrhosis.

If you have/ or are at risk of developing fatty liver you may be advised to make changes to your diet and lifestyle to avoid progression including:

Cutting out or reducing alcohol (on advice of your GP)	Taking regular exercise, such as walking or swimming
Avoiding refined sugars and saturated fats (e.g. chocolate, cakes and biscuits)	Eating slow-release starchy foods, such as bread and potatoes
Choosing unsaturated oils and spreads and consuming in small amounts	Eating plenty of fruit and vegetables (at least 5 portions every day)
Drinking 6 to 8 cups or glasses of fluid a day	If necessary, slowly reducing your weight to a healthy level for your build and age, and keeping it there.

- If you are diabetic, then it is important to work with your doctor to keep your blood sugar levels under good control.
- Any weight loss requirement will be advised by your GP practice, and is typically 5-7% of your body weight to improve fatty liver.

The Public Health England Eatwell Guide (see overleaf) illustrates a balanced diet and calorie intake for an average man and woman. If you have been advised to lose weight the calorie intake stated below should be reduced and combined with increased exercise.

Making these changes and maintaining a healthy weight can reduce the fat in the liver, may improve the liver test results and may reduce the risk of progressive liver damage.

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
1048kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day



Choose wholegrain or higher fibre versions with less added fat, salt and sugar



Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives

Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS