

## **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:

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

- 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.*

