

Diet and lifestyle changes for non-alcoholic fatty liver disease

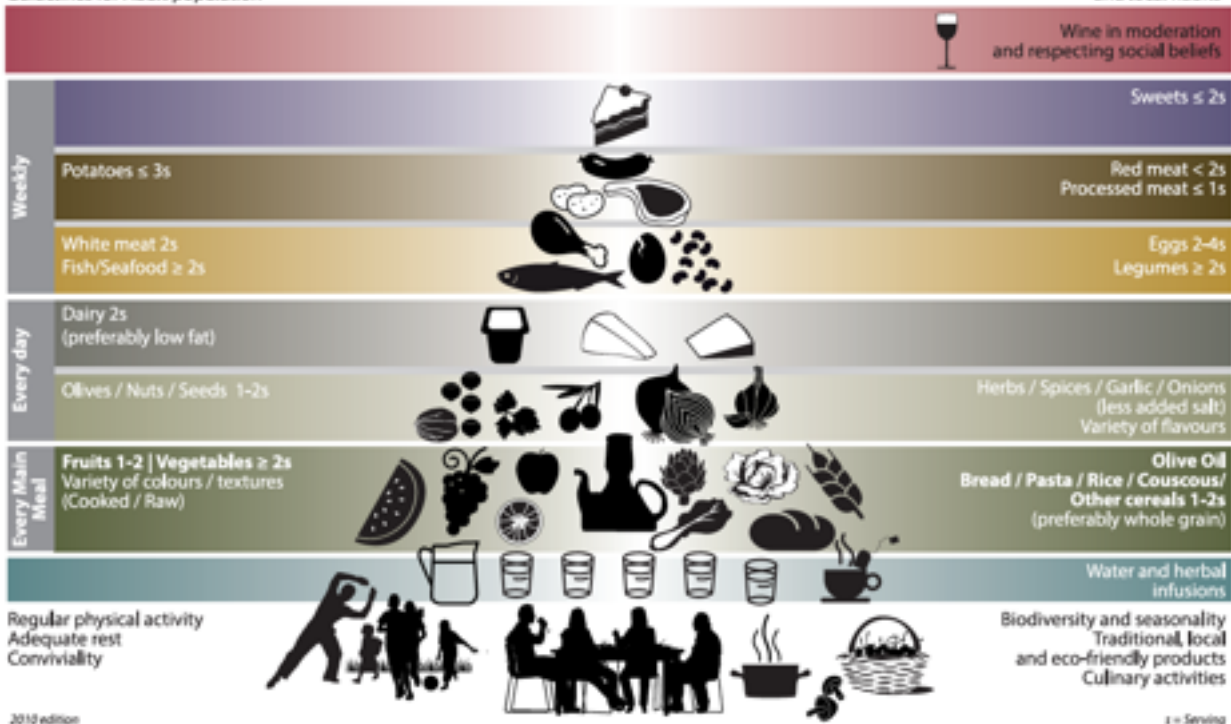
Modification	Intervention	Benefits
Diet calorie restriction	<p>Aim for 7-10% total weight loss</p> <p>500-1000kcal energy deficit in intake can induce a weight loss of 500-1000g/ week</p>	Reduces fat in liver and beneficial metabolic effects like delay in progression to diabetes
Diet composition	<p>Low fat and moderate to high carbohydrate</p> <p>Low carbohydrate ketogenic diets or high protein</p> <p style="color: red;">Avoid fructose containing beverages and foods</p> <p>Mediterranean diet is preferable</p>	Reduces fat in liver
Alcohol intake	<p>Lower than the threshold Men; less than 30g Women less than 20g</p> <p>Total abstinence in cirrhosis</p>	Reduces risk of malignancy
Coffee drinking	No limitation	Some protective benefit
Exercise	Moderate intensity physical activities, 150-200mins/ week in 3-5 sessions	Reduces disease progression in all stages

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Mediterranean Diet Pyramid: a lifestyle for today

Guidelines for Adult population

Serving size based on frugality and local habits



:: The Mediterranean Diet ::