

Diet and lifestyle changes for non-alcoholic fatty liver disease

Modification	Intervention	Benefits
Diet calorie restriction	Aim for 7-10% total weight loss 500-1000kcal energy deficit in intake can induce a weight loss of 500-1000g/ week	Reduces fat in liver and beneficial metabolic effects like delay in progression to diabetes
Diet composition	Low fat and moderate to high carbohydrate Low carbohydrate ketogenic diets or high protein Avoid fructose containing beverages and foods Mediterranean diet is preferable	Reduces fat in liver
Alcohol intake	Lower than the threshold Men; less than 30g Women less than 20g Total abstinence in cirrhosis	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 ::