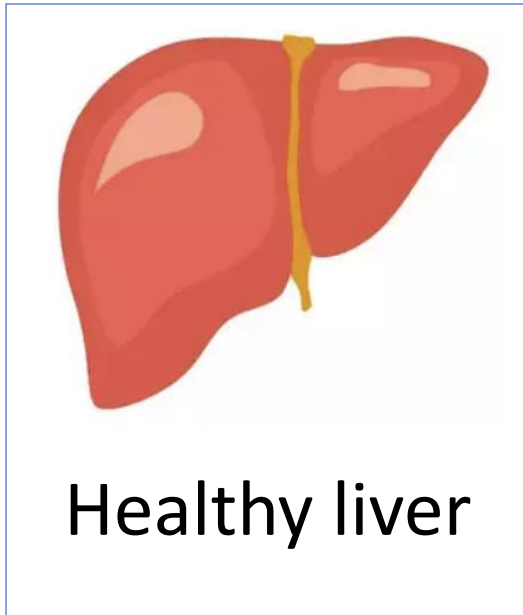


Fatty liver disease

What is fatty liver disease?



What are the risk factors to develop fatty liver disease?

- Overweight/ obesity
- Abdominal obesity
- Alcohol consumption
- Smoking
- Diabetes mellitus
- Hypertension
- Dyslipidemia
- Sedentary lifestyle

What are the possible complications of fatty liver disease?

- Hepatitis
- Cirrhosis
- Liver cancer/hepatocellular carcinoma


What can you do if you have fatty liver disease?

- Losing 5-10% of your weight is the most reliable and effective method to improve the fat deposition in your liver.

- Lose weight. Aim for a 5%-10% weight loss to improve fat deposition in the liver.
- Eat a nutritionally balanced diet. Consume a diet rich in vegetables and fruits and low in sugar, unhealthy fats and salt.
- Have water instead of sugar sweetened drinks and beverages.
- Make exercise a habit. Aim to do at least 150 minutes of moderate intensity aerobic activities like cycling, brisk walking etc. Try to maintain an active lifestyle.
- Stop smoking.
- Stop drinking alcohol.

Following table will give you more ideas on eating a healthy diet

 Eat more

 Eat in moderation

 Eat less

Food group	Foods low in calories	Foods with moderate amounts of calories	Foods high in calories
Fats and oils	Oils contain a lot of calories When preparing foods with oil; -Use an air fryer -Use nonstick utensils to cook food	Thin coconut milk Nonfat milk	Coconut oil Thick coconut milk Margarine Butter Vegetable oil Olive oil Sunflower oil Ghee Canola oil
Starchy foods	**	Cowpea Kurakkan bread Parboiled rice/ nadu Red raw rice	Milk rice String hoppers Noodles Pittu Rotti Dosa/ thosai Boiled jackfruit Boiled breadfruit Boiled yams
Fish, meat and alternatives	Boiled fish Boiled chicken	Boiled eggs Fish curry	Pork Beef

	Egg white Tuna	Canned fish Skinless chicken Mushrooms Soya meat Tofu	Mutton Fried fish Fried chicken Fried prawns Cuttlefish Sausages Egg yolk Chicken with skin Paneer
Dairy products	Nonfat yoghurt	Nonfat milk powder Yoghurt	Full cream milk Cheese Butter Yoghurt drink Curd Milk packets
Fruits	Guava Ambarella Green apple Pears Ceylon olive/Veralu Strawberry Wood apple Nam Nam	Pineapple Watermelon Red apple Mango Grapes Papaya Bael fruit/ Beli	Banana Dried fruits Avacado Dates Tinned fruits in sugary syrup
Snacks	Low sugar yoghurt Diet jelly	Jelly Yoghurt Fruit salad Popcorn	Biscuits Murukku Cake Potato chips French fries chocolate Toffee Pudding ice cream Wade Pastries Kewum
Drinks/beverages	Tea without sugar Coffee without sugar King coconut water Green tea Vegetable soup	Fruit juices Tea with added sugar	Soft drinks Fruit juice with added sugar Cordial Fruit nectars Fresh milk Malted drinks Alcohol

**Starchy foods are a necessary component of a balanced diet. If you consume a large amount of starchy foods; it will provide a lot of calories. Thus, it is important to control the portion size of starchy foods you consume according to the advice received from a medical nutrition unit.

Contacts

Preparation date – 17/04/2023

Prepared by – Dr. Himali K. D. Jayaweera (Senior Registrar in clinical nutrition) & Dr. K. C. D. Karunarathna (Registrar in clinical nutrition)

Supervised by- Professor Aloka Pathirana (Professor of Surgery) & Consultant Gastroenterologist & Hepatologist & Senior Lecturer Uditha Dassanayake