

Fatty Liver Lifestyle Guide

Core habits that improve metabolic liver health

What helps

- Gradual weight reduction if overweight.
- Regular aerobic activity plus strength exercise when suitable.
- Reduce sugary drinks, excess refined carbohydrates and highly processed foods.
- Control diabetes, triglycerides, blood pressure and cholesterol.
- Avoid or minimize alcohol according to medical advice.

Fatty liver can exist with normal liver enzymes. Risk assessment sometimes requires fibrosis scoring or imaging, not just ALT/AST.

Important: This resource is for general education and does not replace an individual medical consultation. Seek urgent medical care for severe, rapidly worsening or emergency symptoms.