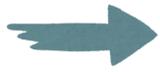


# MAFLD: Fatty Liver



GASTROINTESTINAL & LIVER  
CONSULTANTS



**Fatty Liver** disease also known as metabolic-associated fatty liver disease (MAFLD). This occurs when excess fat builds up in the liver cells. Normally, the liver contains a small amount of fat, but when more than 5-10% of the liver's weight is fat, it's considered fatty liver disease.

## 1 Dietary Changes

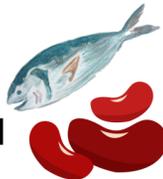
### Reduce Calorie Intake

Aim for a moderate calorie deficit of 500-1000 kcal/day to promote weight loss.



### Limit sugary drinks and refined carbohydrates

Sugary drinks and processed carbs can contribute to liver fat accumulation. Swap for water, unsweetened tea, or black coffee. Choose whole grains over refined ones for sustained energy.



### Reduce red meat and processed meats:

Choose lean protein sources like fish, poultry, and beans and limit red meat and processed meats, which are linked to worsened MAFLD outcomes.

### Embrace the Mediterranean Diet:

This plant-based approach rich in fruits, vegetables, whole grains, legumes, nuts, seeds, and fish oil has shown consistent benefits in reversing MAFLD. Prioritize olive oil as a healthy fat source and limit saturated and trans fats.



## 2 Lifestyle Modifications

### Regular Exercise

Aim for at least 150 minutes of moderate-intensity exercise per week, primarily aerobic activities like brisk walking, swimming, or cycling. Regular exercise improves insulin sensitivity and reduces liver fat.



### 16:8 Intermittent Fasting

Eat only within an 8-hour window each day and fast for the remaining 16 hours 2 days a week.

Think of it like squeezing your usual three meals and snacks into a shorter time frame, like from 10 am to 6 pm, while abstaining from food and calorie-containing beverages outside that window (water, black coffee, and unsweetened tea are okay).



### Weight Management

Losing even 5-10% of body weight can significantly improve MAFLD. Combine dietary changes with exercise to achieve and maintain a healthy weight.

## 3 Possible Supplements

### Coffee

Moderate coffee consumption (3 cups/day) has been linked to a decreased risk of MAFLD. However, excessive coffee intake can have its own drawbacks, so moderation is key.



### Probiotics

Preliminary research suggests probiotics may improve gut health and indirectly benefit MAFLD. More research is needed, and consulting a doctor is recommended.



**Consult a doctor before taking any supplements**

Gastrointestinal & Liver Consultants  
Santa Ana | Irvine | Anaheim | Westminster

☎ 657-900-4536 | 📠 657-208-9732 | ✉ info@gilc-oc.com | 🌐 giandliverconsultants.com