

Here's a patient-friendly handout version you can give to someone with mild to moderate fatty liver (hepatic steatosis) with focal fatty sparing:



Fatty Liver: Simple Diet & Lifestyle Guide

You have mild to moderate fatty liver. The good news is:

👉 It is reversible with healthy eating, exercise, and weight control.



What to Eat More Of

- ✓ Fruits & Vegetables – aim for half your plate.
 - ✓ Whole grains – brown rice, oats, whole wheat bread, quinoa.
 - ✓ Lean proteins – fish, chicken (skinless), turkey, beans, lentils.
 - ✓ Healthy fats – olive oil, nuts, seeds, avocado.
 - ✓ High-fiber foods – beans, lentils, leafy greens, flaxseed.
 - ✓ Drinks – water, green tea, black coffee (no sugar).
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Foods & Drinks to Limit / Avoid

- ✗ Fried foods, fast food, processed snacks.
 - ✗ Red meat (beef, lamb, pork) – limit to small portions, not daily.
 - ✗ Sugary drinks – soda, fruit juices with added sugar, energy drinks.
 - ✗ White bread, pastries, sweets, chips.
 - ✗ Alcohol (beer, wine, liquor).
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Smart Eating Habits

Eat smaller meals more often instead of one heavy meal.

Keep dinner light and early (at least 2–3 hours before bed).

Drink plenty of water through the day.



Exercise Tips

Aim for 30 minutes of activity most days (walking, cycling, swimming).

Add muscle-strengthening exercises 2 days per week.

Even small steps (using stairs, walking after meals) help your liver.



Goals for Liver Health

Lose 7–10% of your body weight slowly (1–2 lbs per week is safe).

Control cholesterol, sugar, and blood pressure.

Take medicines only as prescribed.

Remember

Fatty liver can improve and even reverse if you follow this plan.
Regular check-ups and blood tests will help track your progress.
Every healthy choice you make protects your liver.

💡 Your Liver Can Heal Itself – Help It With Healthy Choices!

Would you like me to also make this into a 1-page printable handout (PDF style) with a clean layout, icons, and easy-to-read bullet points for patients?