

# About LIFESTYLE AND MASLD

(Metabolic Dysfunction-Associated Steatotic Liver Disease)



Information for Patients and Caregivers from the American College of Gastroenterology



## You have been diagnosed with MASLD, also called fatty liver, now what?

Good news! You can decrease the amount of fat in your liver. You can do this by decreasing the total calories (eating less) and increasing physical activity (exercise more).

### DIET

While no one diet is recommended for all people with fatty liver, in general, these are all important steps:

- Consume less high fructose corn syrup and sugar
- Add more fruits and vegetables to each meal
- Fill half of your plate with vegetables, one quarter with grains and one quarter with protein
- Use olive oil or canola oil to cook
- Avoid heavy fat like butter, lard, palm oil, white bread, trans fats, French fries
- Bake, broil, steam instead of frying food
- Choose white meat such as chicken or turkey
- Completely avoid alcohol, there is no SAFE amount of drinking



### EXERCISE

Research shows that exercise has many benefits for people with MASLD including decreased body fat and liver fat, lower cardiovascular risk, plus increased fitness, larger muscle mass, and better quality of life.

Even brief amounts of exercise can help: 10-minute 10 min exercise “snacks” are a great strategy if you don’t have a lot of time.<sup>1</sup>

Pick one or both of these exercise regimens:

Moderate cardio

- Brisk walking for 150 minutes (2.5 hours) each week
- Try to be active at least three days per week
- Try to be active at least 10 minutes at a time

High intensity activity

- Running for 75 minutes each week
- Try at least three days per week
- Try to be active at least 10 minutes at a time

Reference: 1. Jonathan G. Stine, MD; Zachary H. Henry, MD. How to Write an Exercise Prescription to Treat Metabolic Dysfunction-Associated Steatotic Liver Disease for the Busy Clinician. *The American Journal of Gastroenterology* 119(6):p 1007-1010, June 2024. | DOI: 10.14309/ajg.00000000000002805

### LEARN MORE



ACG Patient Info on MASLD – Metabolic Dysfunction Associated Steatotic Liver Disease  
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