



Dietary and Lifestyle Tips for Non-Alcoholic Fatty Liver Disease

Joshua Aijaz*

Department of Gastroenterology and Hepatology, Fukuoka University, Fukuoka, Japan

DESCRIPTION

Non-Alcoholic Fatty Liver Disease (NAFLD) is a condition where excess fat accumulates in the liver cells of people who drink little or no alcohol. Moreover, it is referred to as Metabolic-Associated Fatty Liver Disease (MAFLD). NAFLD can be classified into two types i.e., Non-Alcoholic Fatty Liver (NAFL) and Non-Alcoholic Steatohepatitis (NASH). NAFL is the mild form of NAFLD, where there is only fat accumulation in the liver without inflammation or scarring. NASH is the severe form of NAFLD, where there is fat accumulation along with inflammation and scarring (fibrosis) of the liver. NASH can progress to cirrhosis (advanced scarring), liver failure, and liver cancer. The exact causes of NAFLD are not fully understood, but it is linked to several risk factors, such as:

- Metabolic syndrome, which is a cluster of conditions that include abdominal obesity, high blood pressure, high blood sugar, and abnormal blood lipids
- Polycystic Ovary Syndrome (PCOS), which is a hormonal disorder that affects women's ovaries and menstrual cycles
- Sleep apnea, which is a disorder that causes pauses in breathing during sleep
- Underactive thyroid (hypothyroidism), which means the thyroid gland does not produce enough hormones that regulate metabolism
- Underactive pituitary gland (hypopituitarism), which means the pituitary gland does not produce enough hormones that control other glands in the body
- Enlarged spleen (splenomegaly), due to congestion of blood in the spleen
- Red palms (palmar erythema), due to increased blood flow to the skin

Yellowing of skin and eyes (jaundice), due to accumulation of bilirubin, a waste product of red blood cell is broken down. Confusion, memory loss, or changes in personality (hepatic encephalopathy), due to accumulation of toxins in the brain. NAFLD is mostly treated by reducing body weight through a combination of a healthy diet and exercise. Losing weight can

reduce fat accumulation in the liver and improve insulin sensitivity and blood lipid levels. Ideally, a loss of 10% of body weight is desirable, but improvement in risk factors can become apparent if one loses even 3% to 5% of their starting weight. A healthy diet for NAFLD should include:

- Plenty of fruits and vegetables.
- Whole grains and high-fiber foods.
- Lean sources of protein such as fish, poultry, eggs, beans, nuts, and low-fat dairy products.
- Healthy fats such as olive oil, canola oil, sunflower oil, and fish oil.
- Vitamin E supplements, which may improve liver histology in some people with NAFLD.

A healthy diet for NAFLD should avoid or limit:

- High-fat foods such as butter, cheese, cream, red meat, and fried foods.
- Alcohol, which can further damage the liver and interfere with fat metabolism.
- Sugar-sweetened beverages such as soda, juice, sports drinks, and sweetened tea.
- Refined carbs including white bread, white rice, pasta, and pastries.
- Salt, which can increase fluid retention and blood pressure.
- Trans fats, which are found in some baked goods, margarines, and processed foods.

Non-Alcoholic Fatty Liver Disease (NAFLD) is a common and potentially serious condition that affects the liver. It is caused by excess fat accumulation in the liver cells, which can lead to inflammation, scarring, and liver failure. NAFLD is associated with several risk factors, such as obesity, diabetes, high cholesterol, and metabolic syndrome. NAFLD can be prevented or treated by losing weight, eating a healthy diet, and exercising regularly. A healthy diet for NAFLD should include plenty of fruits, vegetables, whole grains, lean proteins, and healthy fats, and avoid or limit alcohol, sugar-sweetened beverages, refined carbohydrates, salt, and Trans's fats.

Correspondence to: Joshua Aijaz, Department of Gastroenterology and Hepatology, Fukuoka University, Fukuoka, Japan, E-mail: jaz@ka.jp

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