

Fatty Liver Disease - A Ticking Timebomb

Advice for people with non-alcoholic fatty liver disease (NAFLD)

This report is for informational purposes only. Before implementing any recommendations from a third party you should always consult with your doctor first.

If you want a full guide with everything laid out in plain English then I would advise taking a look at [The Fatty Liver Diet Solution](#) by Duncan Capicchiano, N.D. This is the most comprehensive guide to reversing NAFLD that I have come across.

What is non-alcoholic fatty liver disease (NAFLD)?

It is a term used for a wide range of conditions caused by a build-up of fat in your liver cells.

There are four stages: fatty liver (steatosis); non-alcoholic steatohepatitis (NASH); fibrosis; and cirrhosis – scarring of your liver that cannot be reversed. If you progress to this last stage you have a high risk of liver failure or liver cancer.

What causes NAFLD?

You are more likely to develop NAFLD if you are overweight or obese, particularly if you are 'apple' shaped and carry more fat around your middle or have insulin-resistance or type 2 diabetes.

Other things that increase your risk include high blood pressure (hypertension), high blood cholesterol and high blood triglyceride levels (hyperlipidaemia).

The main reasons for becoming overweight and developing a fatty liver are:

- eating too much, especially too much fatty food
- not doing enough exercise
- drinking too much alcohol – up to nine out of ten people who drink too much alcohol will go on to get a fatty liver, even if they are not overweight

How can I stop NAFLD from getting worse?

Simple fatty liver may go away **if you tackle the causes**, such as losing weight. If you change your lifestyle you can make your condition less likely to get worse and develop into a more serious stage. This advice can also help you to avoid developing a fatty liver.

The main things you can do are to:

- eat a healthy diet
- lose weight and keep it at a healthy level for your build and age
- cut out or cut down on alcohol, which is high in calories – about 300 calories in a pint of beer and 100 in a 175ml glass of wine
- do as much exercise as you can, such as walking or swimming for at least 30 minutes a day.

Healthy eating

Healthy eating means getting the right balance between different foods. For many people this means eating more fruit, vegetables and higher-fibre starchy foods, and eating less fat (particularly saturated), sugar and salt.

The nine steps to healthy eating

1. Eat regular meals

Space your meals out over the day and aim to have breakfast, lunch and supper. Try not to skip meals. By eating regularly you can control how hungry you feel (appetite). It also has other benefits such as controlling your blood glucose levels.

2. Cut the amount of fat you eat In particular, cut the amount of saturated fat you eat – too much can increase the cholesterol in your blood. Fat is very high in calories as well, so eating less will help you to lose weight if you need to.

Try eating unsaturated fats or oils instead, especially monounsaturated fats such as rapeseed oil and olive oil.

How to cut the amount of fat you eat

Eat less saturated fat by having less butter, margarine, lard, dripping, full cream dairy products, fatty meat products, fried food, and items such as biscuits, cakes, pastries and pies that contain hidden fat.

Try using low-fat spreads, rapeseed oil or olive oil instead. But do not use very much as these are also high in calories.

Choose lower fat dairy products such as skimmed or semi-skimmed milk, yoghurt, low-fat cheese and cheese spreads – or eat less higher-fat cheeses. There is slightly more calcium (which you need for healthy bones) in skimmed and semi-skimmed milk than full-cream milk.

Have more fish, lean chicken and turkey, lean red meats with fat you can see cut off, lean mince, and beans and lentils, instead of meat with lots of fat such as a lamb, pies and sausages.

Try to have oily fish twice a week.

Avoid processed foods such as pizza, ready-made meals such as curry and take-aways because these are high in fat and salt. If you do have processed meals now and again, choose low-fat ones.

Avoid high-fat snacks such as crisps, doughnuts, biscuits, cakes and nuts. But nuts do have some good oils, so you may be able to have a very small handful now and again as part of a healthy balanced diet.

Cook using less fat:

- Grill, bake, boil or steam meals instead of frying.
- Trim the fat you can see off meat and take the skin off poultry.
- Skim fat off the surface of soups and casseroles.

3. Have a starchy carbohydrate food at each meal

Starchy foods are a good source of energy and many contain other nutrients such as B vitamins, calcium and iron. They include pasta, rice, potatoes, yams, noodles, chapattis, bread and breakfast cereals.

Choose starchy foods that are wholegrain or higher in fibre as these usually have more goodness than white or refined carbohydrates. You also digest them more slowly and they can make you feel fuller for longer, which can help you to eat less.

They help your digestive system to stay healthy and may help to prevent problems such as constipation.

Many higher fibre carbohydrates have a lower glycaemic index (GI), which means you usually absorb them more slowly and they can help control your blood glucose.

This is particularly important if you are diabetic but it is also good for you even if you are not.

Wholegrain and lower GI carbohydrates include:

bread – wholegrain and wholemeal breads (for example, granary, pumpernickel and rye), pittas and chapattis
rice – brown, wholegrain and basmati
cereals – oats porridge, natural muesli and bran flakes.

4. Eat more fruit and vegetables

Eating fruit and vegetables is an important way of getting the vitamins, minerals and fibre you need. They can also protect you against heart disease and some types of cancer.

Vegetables, in particular, are low in calories. Aim to have at least five portions a day. See the portion guide on page 7.

5. Eat more beans and lentils

They do not affect your blood glucose levels as much as many other foods and may help to control cholesterol (fats) in your blood. Try adding them to stews casseroles, soups and salads.

Beans and lentils include for example:

- kidney beans
- butter beans
- chickpeas
- green and red lentils.

6. Aim to eat two portions of oily fish a week

Oily fish has a type of polyunsaturated fat called omega-3. This helps to protect your heart against disease and may help reduce raised levels of lipid (fat) in your blood. So it may help to stop your condition getting worse.

Oily fish includes for example:

- mackerel
- sardines
- salmon
- pilchards
- herring
- trout
- kippers
- fresh tuna.

7. Have less sugar, sugary foods and drinks

An easy way to eat less sugar is to drink squashes that are sugar-free, no-added-sugar or diet instead of sugary versions. Fruit juice is very high in sugar, so try not to have more than 100-200ml a day.

If you are diabetic, diabetic foods and drinks are not recommended because they may still raise your blood glucose levels as they may be sweetened with sorbitol and/or fructose; they often have just as much fat and calories as non-diabetic versions; they can have a laxative effect; and they can be expensive.

8. Drink less – or stop drinking – alcohol

Although NAFLD is not caused by alcohol, it may make your condition worse. So it is a good idea to drink less or stop drinking altogether. Alcohol also has lots of calories so cutting down how much you drink can help you to lose weight.

Units are used to describe amounts of alcohol. The ABV – written on the bottle, box or can – tells you how many units there are in a litre. For example, 6% ABV means there are six units in a litre. So if you drink 500ml (just under a pint) of this strength beer, you would have had three units.

Government recommendations

Men should drink no more than 21 units of alcohol spread over a week and no more than three – four units a day.

Women should drink no more than 14 units of alcohol spread over the week and no more than two – three units a day.

Everyone should have at least two days a week when they do not drink alcohol.

How to work out alcohol units

You can work out how many units you are drinking by multiplying the ABV by the size of your drink. For example, a standard 440ml can of beer with an ABV of 5% ABV: $440 \times 5 = 2,200$; divide this by 1,000ml = 2.2 units

You can use this formula to work out the units in other drinks.

A standard glass of wine (175ml) at 12% ABV is 2.1 units and a large 250ml glass is 3 units.

One measure (35ml) of spirits at 40% ABV is 1.4 units.

A pint of low-strength beer (568ml) at 3.5% ABV is 2 units.

A pint of regular cider (568ml) at 5% ABV is 2.8 units.

A standard measure of port or sherry (50ml) is 1 unit.

9. Reduce the amount of salt you eat every day to 6g or less

High levels of salt – more than 6g a day – can raise your blood pressure. High blood pressure can cause stroke and heart disease and may make fatty liver disease worse.

How to cut the amount of salt you eat

Limit the number of ready meals and amount of processed food you eat.

Do not add salt when you eat a meal – add a small amount when you are cooking.

Try using herbs and spices to flavour foods as you may not need to add as much salt to improve the taste.

Healthy exercise

Doing regular exercise – for example, brisk walking or cycling – for 30 minutes a day at least five days a week can help you to lose weight; prevent diabetes, high blood pressure and heart disease; and prevent or improve a fatty liver, even if you do not lose any weight.

Being active can also increase your levels of 'good' cholesterol.

You can do the 30 minutes all in one go, or in shorter periods of at least 10 minutes at a time.

To get the most benefit, you need to do enough to feel warm and slightly puffed out but still be able to talk. It is important to gradually build up how much exercise you do.

How to include exercise in your daily life

Walk rather than use the car.

Get off the bus or train a stop early and walk the rest of the way.

Stop smoking

You halve your risk of a heart attack within one year of quitting smoking. You also significantly cut your risk of developing all types of cancer.

How to lose weight

To keep to a healthy weight, you need to balance the amount of food you eat with the calories you need. If you eat fewer calories than your body needs (especially if you do exercise) you should lose weight. If you eat more than you need, you are likely to put on weight.

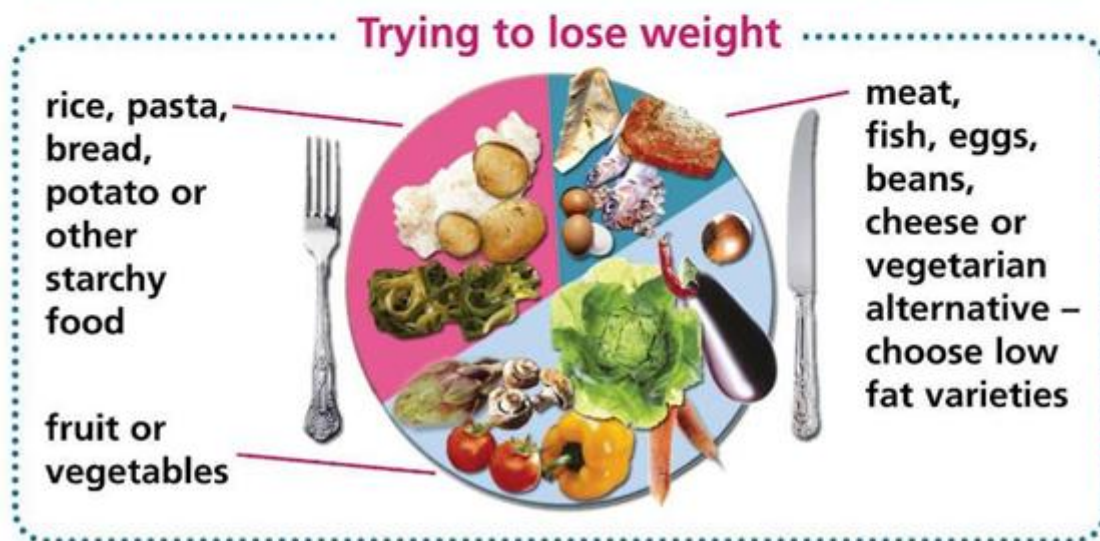
Reducing your weight by 5–10% has a number of health benefits such as lowering your blood cholesterol and blood glucose levels as well as your blood pressure. If you reduce your weight by 10% you can improve a fatty liver.

It is very important to lose weight gradually; if you lose it very quickly – more than 1kg a week – fat can build up in your liver, which can be harmful. Aim to lose about 0.5-1.0kg (1-2lb) a week.

Following our advice about healthy eating; cutting your meal sizes; avoiding eating very late in the evening; and doing more exercise should help you to lose weight.

Using your plate as a guide may help you to eat the best amount of each type of food.

For example, to lose weight you should aim to have half your plate filled with vegetables and/or salad (see the second plate picture). On the following pages we give you more tips on how to cut calories plus a food portion guide.



How many calories do I need?

This depends on whether you are male or female, your age and weight, and how much exercise you do.

For example, a small elderly woman who is not very active will need less food than a large young man who does lots of exercise.

To lose a healthy and realistic 0.5-1.0kg (1-2lb) a week, you need to eat 500–1,000 fewer calories a day than your body needs to maintain a steady weight.

This means that most women can lose weight on 1,500 calories a day and men on 1,800 calories.

Use the serving and portion guide on page 11 or 12 to work out how many servings of each food group to have each day to eat this many calories and have a healthy balanced diet.

Portion guide

Starchy foods – a serving is:

- 3 tablespoons of breakfast cereal such as bran flakes or porridge oats
- 1 wheat biscuit
- 1 slice of bread
- Half a large bread roll/bagel
- Half a pitta or 1 mini pitta
- 1 small chapatti
- 2 heaped tablespoons of boiled rice
- 1 small naan bread
- 3 heaped tablespoons of boiled pasta
- 1.5 thick slices of boiled yam
- Two 2 egg-sized potatoes
- 1 medium-sized plantain
- 1 small slice of malt loaf
- Half an English muffin
- Half a fruit or plain scone.

Fruits and vegetables – a serving is:

- 1 medium-sized fruit such as an apple, orange, banana or half a grapefruit
- 2 small fruits such as satsumas, plums or apricots
- A handful of grapes, berries, cherries or lychees
- 1 slice of large fruit such as melon or pineapple
- 3 heaped tablespoons of tinned fruit in juice or stewed fruit
- 1 heaped tablespoon of dried fruit
- 1 small glass of fruit juice (150ml)
- 3 heaped tablespoons of cooked vegetables such as peas, carrots, peppers or mushrooms
- 1 dessert bowl of salad.

Dairy – a serving is:

200ml (one third of a pint) of semi-skimmed milk/soya milk
1 small pot (150g) of yoghurt or fromage frais
1 small matchbox-size (30g/1oz) piece of cheddar or other hard cheese
45g (1.5oz) of reduced fat cheese
60-80g (2-3oz) of reduced fat soft cheese
90g (3oz) of cottage cheese.

Meat/alternatives – a serving is:

60-90g (2-3oz) of cooked lean meat such as beef, pork, mince, lamb, chicken and turkey
120-150g (4-5 oz) of fish (white or oily)
2 eggs
2 tablespoons of nuts
4 tablespoons of beans such as kidney beans, butter beans or chick peas
4 tablespoons of lentils or dahl
120g (4oz) of soya, tofu or Quorn.

Fats and oils – a serving is:

1 teaspoon of oil or ghee
1 teaspoon of butter or margarine
1 teaspoon of mayonnaise
2 teaspoon of low calorie mayonnaise
1 tablespoon of salad cream
2 tablespoons of low calorie salad cream
2 teaspoons of double cream.

Snack/extras:

About 50 calories

1 plain biscuit
1 medium piece of fruit
1 small pot (150g) of diet yoghurt
1 crispbread.

About 100 calories

2 pieces of fruit
2 rice cakes with reduced fat spread and honey
1 cereal bar
1 small scoop of ice cream
2 plain biscuits
30g of boiled sweets

About 150 calories

- 1 chocolate biscuit
- 2 small slices of toast with low fat spread
- 1 bread roll
- 1 small pot (150g) of low fat yoghurt, custard or rice pudding
- 1 packet of crisps.

About 200 calories

- 2 slices of bread or toast (with spread from allowance)
- 3 tablespoons of breakfast cereal with 200ml (one third of a pint) of semi-skimmed milk
- 1 chocolate bar
- 1 slice fruit or sponge cake.

1,500 calories a day eating plan example

	Number of servings	Starchy foods	Fruit and veg	Dairy	Meat, fish, eggs, beans and other non-dairy sources of protein	Fats	Extras (130 cal)
For 1,500		6	6	3	2	2	130 kcal
Item	Amount						
Breakfast							
Porridge	6 tbsp	2					
Semi-skimmed milk	200ml (1/3 pint)			1			
Banana	1 medium		1				
Mid-morning							
Apple	1 medium		1				
Lunch							
Ham salad sandwich	2 slices						
Wholemeal/granary bread		2					
Low-fat spread	2 tsp					1	
Ham	2 slices				1		
Mixed salad	1 bowl		1				
Mineral water							
Grapes	10-12		1				
Mid-afternoon							
Low-fat yoghurt	1 small pot			1			
Dinner							
Rice (boiled)	4 heaped tbsp	2					
Small chicken breast (no skin)	90g (3 oz)				1		
Sauce made with olive oil and tomato						1	
Carrots	3 heaped tbsp		1				
Peaches in natural juice	3 heaped tbsp		1				
Semi-skimmed milk in tea/coffee throughout day	200ml (1/3 pint)			1			
Evening snack							
2 rice cakes and cheese triangles							130 kcal
Total		6	6	3	2	2	130 kcal

1,800-calories a day eating plan example

	Number of servings	Starchy foods	Fruit and veg	Dairy	Meat, fish, eggs, beans and other non-dairy sources of protein	Fats	Extras 300 kcal
For 1,800		7	7	3	2	3	200 kcal
Item	Amount						
Breakfast							
Breakfast cereal (flakes etc)	6 tbsp	2					
Semi-skimmed milk	200ml (1/3 pint)			1			
Small fruit juice	150ml		1				
Mid-morning							
Apple	1 medium		1				
Lunch							
Jacket potato	1 small	2					
Tuna	140g				1		
Sweetcorn	3 heaped tbsp		1				
Low-calorie mayonnaise	2 tsp					1	
Banana	1 medium		1				
Mid-afternoon							
Low-fat yoghurt	150g			1			
Cereal bar	40g	1					
Dinner							
Beef steak	100g/ 4 oz				1	1	
Sauce made with olive oil and tomato		2					
Boiled rice	4 heaped tbsp						
Peas	3 heaped tbsp		1				
Cauliflower	3 heaped tbsp		1				
Tinned fruit salad in natural juice	3 heaped tbsp		1				
Ice cream	1 small scoop						100 kcal
Evening snack							
Toast with reduced fat spread and low fat cheese		1				1	100 (cheese)
Semi -skimmed milk in tea/coffee throughout the day	1/3 pint (200ml)			1			
Total		8	7	3	2	3	200 kcal

The above tables have been compiled using information provided by the Nutrition and Diet Institute.

Other meal ideas

Breakfast:

Fruit salad with low-fat yoghurt.
Fruit smoothie.
Poached egg on toast with grilled tomatoes.
Baked beans and scrambled egg on toasted muffin.

Light meals:

Baked beans on toast with mushrooms and peppers.
Cheese and tomato sandwich.
Sliced chicken with green salad and slice of crusty bread.
Bagel with houmous and grated carrot.
Fresh vegetable and pasta soup with a bread roll.
Chapatti with dahl, raita and tomato.
Pilchard/mackerel salad.

Main meal:

Lentil curry with rice and salad.
Spaghetti with tomato/chilli sauce and lean mince.
Baked fish such as cod or haddock with a jacket potato or rice.
Grilled fish such as mackerel or salmon with new potatoes and salad.
Beef casserole with mashed potatoes and vegetables.

This short report only really scratches the surface of what you need to do to reverse fatty liver disease. It really is a lifestyle change that will get the liver working properly again and that is something that only you can do.

There is a multitude of information all over the internet that you can put into practice but I for one would prefer to have a proven system to follow, that works. So, if you're like me then I would strongly recommend investing in

[The Fatty Liver Diet Solution](#) by Duncan Capicchiano, N.D.

This will give you everything you need to reverse fatty liver disease.

Good Luck.

The information in this report has been put together using recommendations from NHS (UK) and a variety of other medical institutes.