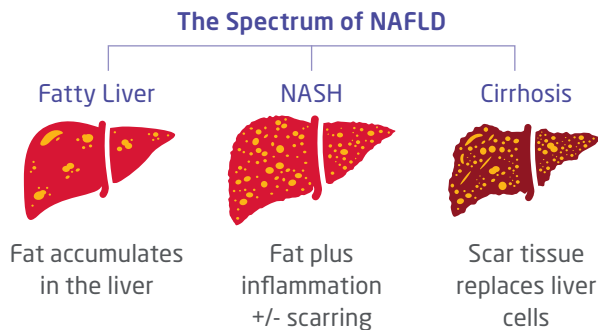




Non-alcoholic Fatty Liver Disease: Causes and Treatment Options

What causes fatty liver?

Non-alcoholic fatty liver disease (NAFLD) is the build-up of extra fat in liver cells that is not caused by alcohol. It is normal for the liver to contain some fat. However, if five to 10 percent of the liver's weight is fat, it is abnormal and called a fatty liver (steatosis).



Treatment

There are no FDA-approved medical treatments for NAFLD at this time, however Northwestern Medicine has several clinical trials that offer the opportunity to have access to medications before they are approved.

Eating a healthy diet and exercising regularly may help prevent liver damage from starting or reverse it in the early stages.

Schedule regular appointments with a physician who specializes in the liver.

Talk to your physician about ways to improve your liver health.

See a dietitian to lose weight, if you are overweight or obese.

Lower your cholesterol and triglycerides.

Control your diabetes.

Limit sugar in your diet.

Increase your daily activity.

Goal: A healthy diet and lifestyle

A healthy diet and lifestyle can decrease body weight, improve blood sugar, lower risk of heart disease, and treat and improve fatty liver.

Initial = Benefits can be seen with weight loss as little as 5 percent of your body weight. Greater benefits are seen with weight loss of seven to 10 percent.

Long-term = Maintain a healthy weight

Non-alcoholic Fatty Liver Disease (continued)

Healthy Lifestyle Goals	Include	Avoid
<p>Achieve weight loss greater than or equal to seven to 10 percent of initial body weight</p> <p>Maintain body weight</p> <p>Decrease calories by 500-1000 calories a day</p> <p>Consume low-carbohydrate foods (less than 40 percent of total calories or less than 150-180 grams carbohydrate per day).</p>	<p>Count calories daily</p> <p>1200-1500 calories per day if you weigh less than 250 pounds</p> <p>1500-1800 calories per day if you weigh greater than 250 pounds</p> <p>Vegetables (three to five servings/day)</p> <p>Fruits (two to four servings/day)</p>	<p>High-calorie/high-sugar foods</p> <p>Empty calories (i.e. juice, pop, fried food, fast food, dried fruit, candy, pizza, "white" food, sweet tea, white bread, cereal, pasta)</p> <p>Simple sugars (i.e. cane sugar, Sugar in the Raw®, molasses, syrup, ketchup, barbecue sauce, juice, fruited yogurt, honey/agave)</p>