

A HEALTHIER LIVER, A HEALTHIER YOU

Weight loss, healthy eating (meal, drink, and snack choices), and regular exercise improve your liver health, overall health, and well-being.

HEALTHY EATING TIPS

LESS OF THIS

- Soda, sugar-sweetened drinks
- Fruit juice
- Fast food, pre-packaged snacks
- Red meat, deli meat
- White bread, rice, pasta
- Saturated fat

MORE OF THIS

- Water, coffee, unsweet tea
- Fruits and vegetables
- Home-cooked meals
- Fish, chicken, turkey
- Whole grains, fiber
- Healthy fats

Watch your sodium, Check labels for “Added Sugars,” Limit alcohol,
Enjoy 1 - 3 cups of coffee daily, Consider probiotics

PHYSICAL ACTIVITY GOALS

- MOVE every day; walking is a great activity to start (or continue)
- Increase weekly activity by 60 minutes
- Exercise 30 – 60 minutes 3 – 5 times every week
- Aim for at least 150 minutes each week
- Go for more frequent workouts

Bottom line: Make regular exercise a habit

- *Weight loss matters. Did you know healthy eating even without weight loss improves liver health?*
- *The Mediterranean Diet is a good place to start to help with weight loss and healthy eating choices – change it around to work for you.*
- *The best diet to begin weight loss is the one you will follow.*
- *Lose weight slowly, 1 – 2 pounds per week to avoid other issues.*
- *No amount of alcohol may be safe.*

- *Exercise improves your liver and overall health, with or without weight loss.*
- *Build up activity (how often and how hard) to the amount possible.*
- *Both aerobic and resistance exercise help – do what you can and both if you can.*
- *Physical activity is needed when you lose weight to keep your muscles strong.*
- *Being active can also help stress.*

Take charge of your Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD)

Keep follow-up appointments to get the bloodwork and testing needed to see if your liver fat and scarring (fibrosis) is getting better.
Help your liver heal by eating healthy foods, cutting back on sugar-sweetened drinks, exercising often, and losing weight.

TIPS AND LINKS TO SUPPORT A HEALTHY LIFESTYLE

HELPFUL TIP	RESOURCE & LINK
<p>Increase weekly exercise</p>	<p>NTC - Nike Training Club: Wellness is a free app with a variety of workouts plus recipes and mindfulness exercises. https://www.nike.com/ntc-app AARP® has a website for seniors with free workout videos for exercise, balance, and stretching plus fitness tips and tricks. https://www.aarp.org/health/healthy-living/staying-fit/#balancestretch</p>
<p>Add healthy eating habits – one at a time</p>	<p>American Academy of Nurse Practitioners (AANP) offers more Healthy Eating Tips and a good snapshot of MASLD. https://bit.ly/MASLD_patient_handout</p>
<p>Check labels on all foods and drinks for “Added Sugars”</p>	<p>The 60+ names for added sugar hide it in an ingredient list. Food labels help because they list total sugar and the amount of sugar added to the natural sugar amount. 20% added sugars or more is high. https://bit.ly/nutrition_facts_label_added_sugars</p>
<p>Adopt a Mediterranean Diet</p>	<p>Cleveland Clinic and Clemson Cooperative Extension both help you eat “Mediterranean diet style.” https://my.clevelandclinic.org/health/articles/16037-mediterranean-diet https://bit.ly/Clemson_Cooperative_Extension</p>
<p>Drink less alcohol</p>	<p>tipSC Drinking Alcohol handout links you to support tools, groups, and programs that help you drink less or stop drinking. https://bit.ly/Drinking_Alcohol</p>
<p>Quit Smoking</p>	<p>The South Carolina Tobacco Quitline offers free one-on-one counseling to help you quit using tobacco. https://www.quitnowsc.org/ or 1-800-QUIT-NOW (1-800-784-8669) or text “READY” to 34191</p>
<p>Sleep 7 – 9 hours per night</p>	<p>tipSC Healthy Sleep Habits handout includes a practical checklist for improving sleep. https://bit.ly/Healthy_Sleep_Habits_Handout</p>
<p>Reduce stress – Take a few deep breaths anywhere, anytime</p>	<p>Meditation and mindfulness can be beneficial in reducing stress. https://www.headspace.com/ https://mobile.va.gov/app/mindfulness-coach</p>