

Healthy eating for a healthy liver



Nutrition and liver disease

Unhealthy eating habits can increase the risk of liver disease.

Diets high in sugar, saturated fat, and ultra-processed foods can lead to obesity, type 2 diabetes, and high cholesterol. These conditions are linked to a liver condition called **metabolic dysfunction-associated steatotic liver disease (MASLD)**, which is a buildup of fat in the liver.

Some fat in the liver is normal, but if it makes up **more than 5%** of the liver's weight, it can cause problems.

Over time, MASLD can lead to **inflammation, liver scarring, cirrhosis, and even liver cancer.**

MASLD is often symptom-free, so early detection is important. Ask your doctor regularly for a quick, non-invasive elastography scan (Fibroscan®) to measure your liver stiffness.



MASLD is now the most common form of liver disease worldwide, affecting over 30% of adult people globally.

The prevalence of MASLD is even higher in countries where obesity, diabetes, and other metabolic issues are common.

The rise in these risk factors is making MASLD more widespread and **a growing concern for public health.**



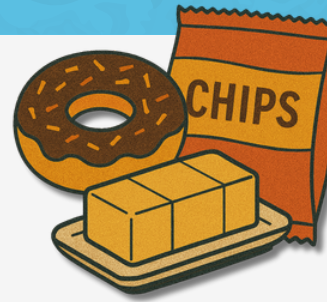
MASLD is treatable and can even be reversible through a healthy diet

A **balanced diet low in saturated fats, added sugars, sugared beverages, and ultra-processed foods** can significantly reduce the risk of MASLD.

By focusing on **whole foods** rich in **fibre, healthy fats, and antioxidants**, you can avoid excess liver fat accumulation and inflammation: two major contributors to liver disease progression.

Dietary changes can also help **reverse early-stage liver diseases.** Weight management, through calorie restriction and increased physical activity, can help prevent the progression of MASLD and related liver complications.

Losing even 5-10% of body weight when overweight, can reduce liver fat and inflammation, and improve liver scarring.



Foods that promote liver health

Olive oil: High in monounsaturated fats, it has anti-inflammatory effects beneficial for liver health.

Fatty fish: Rich in omega-3 fatty acids, fish like salmon help reduce liver fat and inflammation.

Vegetables: Eat a variety of vegetables with various colours every day. They are packed with fibre, antioxidants, and essential vitamins that help detoxify and protect the liver.

Berries, nuts, and seeds: High in polyphenols and healthy fats, they support liver metabolism and combat oxidative stress.

What diet should I follow?

The **Mediterranean diet** is one of the most effective diets for managing liver health due to its high content of healthy fats, polyphenols, and low levels of saturated fats, sugar and ultra-processed foods. Other dietary approaches, like **low-carbohydrate diets and intermittent fasting**, have also shown promise in reducing liver fat and improving liver markers, but the long-term efficacy of these diets requires further research.



Your liver deserves care at every stage: starting today makes a difference.

Healthy eating isn't accessible for everyone, with government policies and commercial forces shaping food environments. Dietary guidelines, health labeling, zoning laws, and school meal programmes can foster healthier choices.

While many barriers to healthy eating are beyond personal control, you can empower yourself by staying informed and making small, manageable changes to improve your diet.

