



Metabolic-associated fatty liver disease (MAFLD) – information and advice

This leaflet gives healthy lifestyle advice and signposts you to useful information to help manage MAFLD – a long-lasting liver condition caused by having too much fat in the liver.

Introduction

You have been diagnosed with metabolic-associated fatty liver disease or MAFLD – it is also called NAFLD or just ‘fatty liver disease’ but it is not related to drinking too much alcohol. Treating MASLD with a healthy diet, physical activity and weight loss can slow or even reverse liver damage, especially if it is at an early stage. For more information have a look at [A Well-Balanced Diet - British Liver Trust](#)

What you can do to improve your health

Lose weight

• Aim for a [BMI](#) of 25. Your current BMI is _____.

• Losing 5-10% of your weight can remove some fat from the liver.

• Weigh yourself weekly. This can help you monitor any changes quickly.

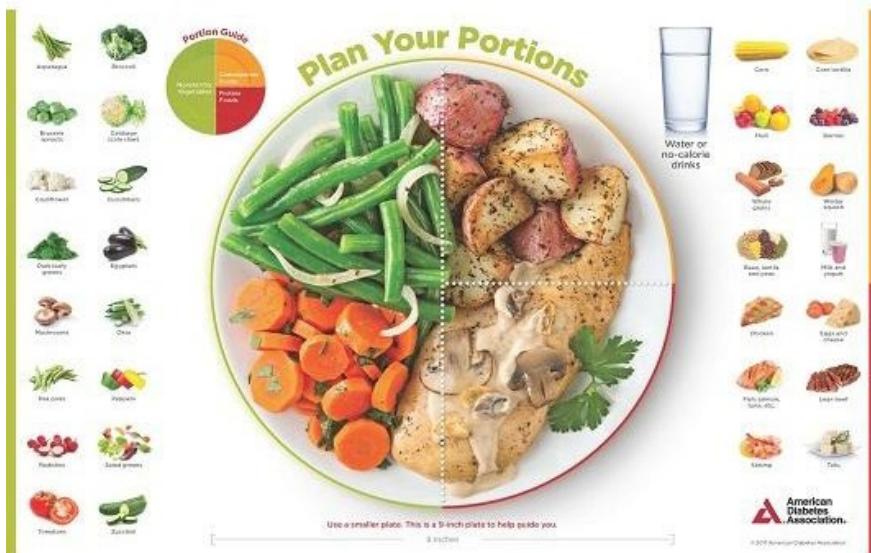
• Use the plate model to check you portion sizes.

• Use the Free NHS weight loss app to monitor your progress and give you additional support [Lose weight - Better Health - NHS](#)

www.nhs.uk

• Try to eat a balanced diet

high in vegetables, protein and carbohydrates, but low in fat, sugar and salt; eating smaller portions of starchy food. Increase pulses, lentils beans, nuts (unsalted) and fish. A Mediterranean style diet is good. Even If you only take one or two things to add to your own style of diet.



Try the Mediterranean diet

- Eat at least 5 portions of fruit and vegetables per day (but only have 2-3 portions fruit). This includes one small glass of fruit juice and smoothies. Include at least one portion of vegetables at each meal – these can be fresh, frozen, cooked or raw!
- Avoid deep fat fried food.
- Avoid refined sugars and saturated fats, such as found in chocolate, cakes and biscuits.
- Choose unsaturated fats and oils – olive oil type spreads and oils – but use in small amounts.
- Avoid takeaways, unless they are plant-based, high in vegetables and not fried. Yo sushi, Wagamama and itsu offer some healthy plant-based options.

Exercise regularly

- Aim to do at least 150 minutes of [moderate-intensity activity](#), such as [walking](#) or [cycling](#) every week. All types of exercise can help improve MAFLD, even if you do not lose weight. Aim for 10,000 steps – use a tracker on your phone.
- Also do strength activities twice a week. Such as [Fitness Studio exercise videos - NHS \(www.nhs.uk\)](#)

Stop smoking

- Help and advice are also available from Smokefreelife Berkshire – Tel: 0800 622 6360 or visit www.smokefreelifeberkshire.com and most GP practices also offer help with smoking cessation.

Cut down on alcohol

- MAFLD is not caused by alcohol but alcohol does directly damage your liver.
- Stay within NHS guidelines and always have a few alcohol-free days.
- You may be advised to cut down further or stop drinking completely, depending on the level of your MAFLD.

Where to get more advice

- Berkshire Healthcare Dietitians: East Berks: 01753 636 724 West Berks: 01635 273 710
- Department of Sexual Health Florey and Contraceptive Services: 0118 322 7202 or visit www.royalberkshire.nhs.uk/florey-sexualhealth.htmwww.safesexberkshire.nhs.uk/
- Sexual Health & HIV Helpline 0800 567123 (24hrs)

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

RBFT Sexual Health Department / Berkshire Healthcare Foundation Trust Dietitians, August 2024

Next review due: August 2026

Compassionate

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Excellent