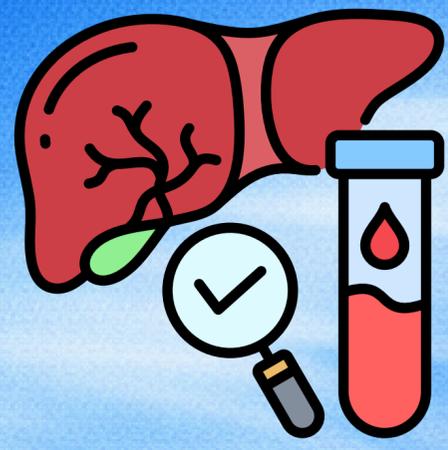


# Why **Weight Loss** Matters for Your Liver



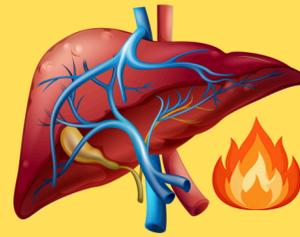
Even modest weight loss can make a big difference for fatty liver disease.<sup>(1,2)</sup>

## What the Evidence Shows:

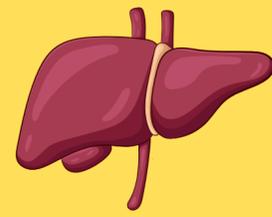
- Lose 5%+ of Body Weight  
→ Reduces liver fat<sup>(1,2)</sup>



- Lose 7–10% of Body Weight  
→ Decreases liver inflammation (MASH)<sup>(1,2)</sup>



- Lose 10% or More of Body Weight  
→ Improves or reverses liver scarring<sup>(2,3)</sup>



## Small Changes, Big Impact<sup>(1)</sup>

For an 80 kg person:

- 5% loss = 4 kg
- 10% loss = 8 kg



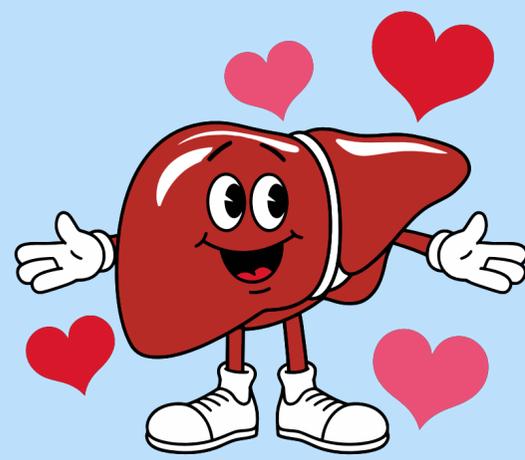
Even modest weight loss can transform your liver health.

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2. Lazaridis N, Tsochatzis E. Managing MASLD in the Digital Era: Overcoming Barriers to Lifestyle Change. PMC12188028. 2025. <https://pmc.ncbi.nlm.nih.gov/articles/PMC12188028/> [Open Access CC BY]
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# How to Lose Weight in a Way That Helps Your Liver



There is no single 'liver diet' that works for everyone, but several approaches have good scientific evidence behind them. The most important thing is finding a way of eating and moving that feels sustainable for your everyday life.<sup>[1]</sup>

## Diet: what the evidence supports

A **Mediterranean-style diet** has the strongest evidence of any dietary pattern for **improving fatty liver**. It is rich in vegetables, fruit, whole grains, legumes, fish, and olive oil, while being low in sugar, red meat, and ultra-processed foods.<sup>[1,2]</sup>



Reducing daily energy intake by around **500 kilocalories per day**, the equivalent of cutting out one large sugary drink and a biscuit is a practical and well-studied approach to achieving gradual weight loss.<sup>[2]</sup>

**Limiting added sugars and fructose** is particularly important for the liver, as excess fructose is directly converted to fat in liver cells.<sup>[1]</sup>



It is worth knowing that **alcohol, even in moderate amounts can accelerate liver damage** in people with fatty liver disease and is best avoided.<sup>[1]</sup>

## Physical activity: even without major weight loss

**Regular exercise** reduces liver fat even when body weight does not change significantly making it a valuable tool in its own right.<sup>[3,4]</sup>



Aim for at least **150–200 minutes of moderate-intensity activity** per week, this can be broken into shorter sessions. Brisk walking, cycling, or swimming all count.<sup>[1,2]</sup>

Both **aerobic exercise and resistance training** (such as light weights or bodyweight exercises) have shown benefits for the liver.<sup>[4]</sup>

## References

1. EASL-EASD-EASO Clinical Practice Guidelines on the Management of MASLD. J Hepatol. 2024;81:492–542. <https://pmc.ncbi.nlm.nih.gov/articles/PMC11474762/> [Open Access]
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# Keeping the Weight Off & What to Do if You Struggle

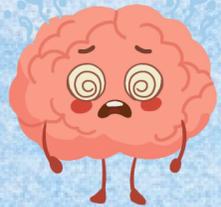


Losing weight is one challenge; keeping it off long-term is another. Planning for the hurdles can make a difference.<sup>(1)</sup>

## Why Maintaining Weight Loss Can Be Hard:



**Biology:** Increased hunger hormones, slower metabolism<sup>(1)</sup>



**Life Factors:** Stress, busy schedules, limited access to healthy food<sup>(1)</sup>

## Life Factors: Stress, busy schedules, limited access to healthy food



**Set Small, Achievable Goals<sup>(2)</sup>**

**Regular Check-Ins with Your Doctor or Dietitian<sup>(1)</sup>**



**Consider Medication with Medical Guidance<sup>(2,3)</sup>**

## An encouraging note:

Even if you regain some weight, the past benefits to your liver are not erased. Every healthy period counts!<sup>(1,2)</sup>



## References

1. Lazaridis N, Tsochatzis E. Managing MASLD in the Digital Era: Overcoming Barriers to Lifestyle Change. PMCI2188028. 2025.

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