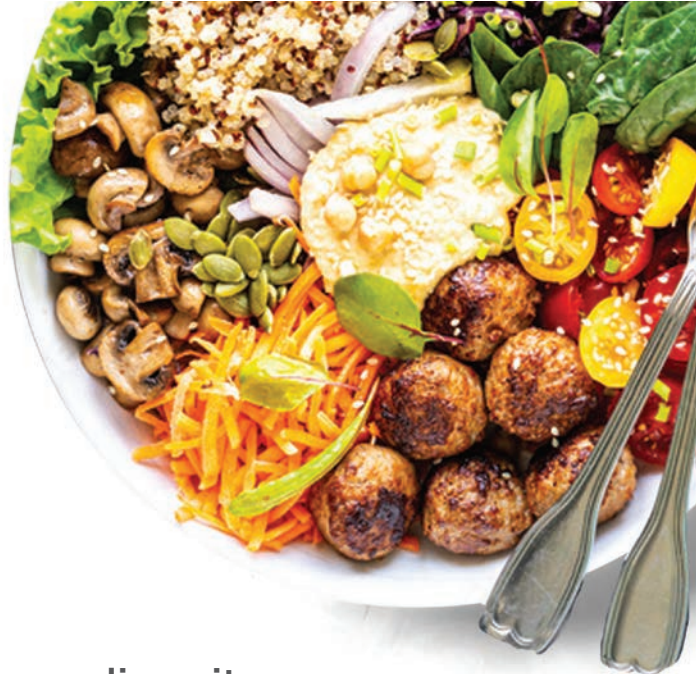


Six Simple Steps to improve your liver health



When excess sugar and fat get stored in your liver, it can cause inflammation and damage over time leading to liver disease. But you have the power to reverse this. The great news? Simple, everyday changes to what you eat and how you move can reduce liver fat significantly, often within just a few months.

===== Quick Wins =====

Add wholegrain carbs to every meal - brown bread, rice and pasta are better for your liver

Fill half your plate with veg - more vegetables means less liver fat

Walk for 15 minutes after meals - especially powerful for reducing liver fat

Have coffee or green tea daily - both can help reduce liver fat

Use extra virgin olive oil - the best fat for liver health

Add beans or lentils to meals daily - up to 65% lower risk of fatty liver

WARNING: THESE QUICK WINS WORK BEST WHEN SUGARY DRINKS, SWEETS, PROCESSED FOODS AND WHITE CARBS ARE KEPT TO A MINIMUM!

Modern medicine is amazing. It can save lives and help us feel better. But when it comes to liver disease, pills only control the problem - they don't fix what's causing it. This is where food and movement come in. The right foods and regular physical activity can actually reduce the fat in your liver and help it heal. They work differently to medicine - they tackle the root cause, not just the symptoms.

Change can be hard - especially big changes. For most of us it's easier to make lots of small changes, one at a time. Working through these tips will help new healthy habits stick - giving you better health today and for the rest of your life.

This guide helps you take small steps towards reducing liver fat naturally. You don't need fancy supplements or extreme diets - just real, whole foods, smart swaps and regular movement. **Every healthy choice you make is like a small gift to your future self.**

A 10% weight loss can resolve non alcoholic liver disease in 90% of patients and significantly improve or reverse liver fibrosis (scarring) in roughly 45% of patients!

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1.

GO WHOLE GRAIN

Why it works: White bread, white rice and white pasta makes your body produce lots of insulin, which tells your liver to store fat. Wholegrain versions release sugar slowly, reducing fat storage in your liver and are packed with protein, vitamins and fibre that helps your liver process fat better.

Simple Swaps:

- White bread ➔ Wholemeal or rye bread
- White rice ➔ Brown rice, quinoa or bulgar wheat - or even try cauliflower rice
- White pasta ➔ Wholemeal pasta or protein pasta made with pulses like lentils
- Cornflakes or sugary cereals ➔ Porridge oats with nuts, berries and seeds
- White potatoes ➔ Sweet potatoes (or smaller portions of white potatoes with skin on)
- White crackers ➔ Wholegrain crackers, oatcakes or flax seed crackers

DID YOU KNOW: When whole grains are processed the 'good stuff' is stripped off and sold back to us as vitamin supplements! The sugary carbs that get left behind are stored as fat in our livers.

Make it easy:

- Swap one thing at a time as you get used to it - bread first, then rice and pasta
- Start with 50:50 mix of white and brown rice if the change feels too big
- Only buy wholegrain versions when you shop
- Buy whole grains in bulk - spelt, rye and pot barley are incredibly cheap and keep for ages
- Make a grain salad and keep it in the fridge to use all week as a side or the base for a salad
- Make 'overnight oats' the night before for quick breakfast. Top with nuts, seeds and fruit.
- Keep portion sizes to fist-sized serving

It has been shown that people eating refined grains have a big increase in liver fat, whereas people eating whole grains don't.



Frozen veg can be cheaper, quicker and often contain more nutrients than fresh - load up your freezer!



2.

LOAD UP ON VEG

Why it works: Vegetables are "free foods" for your liver - the more you eat, the better. Packed with antioxidants that protect your liver cells and fibre that helps your liver process fat and remove toxins from the body. Studies show people who eat more vegetables and fibre have less liver fat.

What to do:

- Fill at least half your plate with vegetables at lunch and dinner
- Eat **at least** 5 portions of fruits and veg daily - aiming higher is even better

Best choices for liver health:

- Cruciferous veg: broccoli, cauliflower, Brussels sprouts, kale, cabbage
- Leafy greens: spinach, rocket, lettuce
- Berries: blueberries, strawberries, raspberries, blackberries
- Citrus fruits: oranges, grapefruit, lemons
- Other veg: peppers, tomatoes, carrots, courgettes, mushrooms, peas, squash, beetroot

TOP TIP: Roast big tray of veg at the weekend to use all week in salads or wraps.

Simple Swaps:

- Large portion of pasta ➔ Half pasta + half veg
- Rice-heavy meal ➔ Half rice, half vegetables
- Sandwich only ➔ Sandwich with big side salad
- Crisps or biscuits ➔ Piece of fruit or small handful of berries
- Meat-heavy curry or stew ➔ Add extra veg to bulk it out

Make it easy:

- Keep bags of frozen veg - add to everything
- Buy pre-washed salad for quick sides
- Add veg to soups, stews, curries and pasta
- Sneak veg into sauces by blending them

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3.

ADD BEANS AND LENTILS

Why it works: Studies show beans, lentils and chickpeas reduce fatty liver risk by up to 65%. They contain resistant starch that feeds good gut bacteria, controls blood sugar and provides protein without saturated fat. Best of all, they can replace meat in meals - removing a harmful food while adding a protective one.

What to do:

- Add beans, chickpeas or lentils to bolognese, curry, soup or stews (3-4 times weekly)
- Beans on wholemeal toast or jacket potato
- Hummus with veg sticks or on wholemeal toast
- Have a bean salad for lunch
- Chickpeas roasted as snack

TOP TIP: Quick bean salad - tinned beans (as many types as possible) drain, dress with olive oil, spices, salt and cider vinegar. Add frozen peas or sweetcorn and keep it in the fridge. Add protein and veg each day for a week of simple lunches.

Simple Swaps:

- Meat in curry ➡ Chickpeas or lentils
- Mince in bolognese ➡ Lentils
- Sandwich filling ➡ Hummus with salad
- Try using beans/chickpeas instead of pasta or peas instead of rice

Make it easy:

- Keep plenty of tinned beans in the cupboard - try a different type each time you shop
- Peas, broad beans and edamame (soy beans) can all be kept frozen
- Dried lentils are cheap - throw a handful into soups, stews and curries
- Explore different types of dahl - simple, cheap and delicious
- Make big batches and freeze portions

Exercise reduces liver fat by 30% or more, - even without weight loss!

Bean salads are cheap, quick and simple - make a big batch and keep it in the fridge for a week's worth of healthy lunches.



4.

MOVE YOUR BODY DAILY

Why it works - Exercise reduces liver fat by 30% or more, even without weight loss. It helps your liver process fat better and reduces inflammation. Walking after meals is especially powerful as it stops excess blood sugar being stored in the liver.

What to do:

- Aim for 30 minutes of activity most days
- Walk for 10-15 minutes straight after meals - especially bigger meals - this brings blood sugar down within 30 minutes
- Any movement counts - gardening, housework, dancing, swimming
- Build it into your day - take stairs, walk to shops, park further away from work / home
- Lifting weights or resistance training builds muscle that stores more sugar
- Avoid being stationary for more than an hour

TOP TIP: Use an app - Moova, Wakeout, StandApp or Move can all help with reminders, alarms and simple movement routines.

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6.

DRINK COFFEE AND GREEN TEA

Why it works: Coffee and green tea contain compounds that protect your liver and help it process fat better. Studies show 2-3 cups of coffee daily reduces liver fat and improves liver enzymes. Both regular and decaf work. This is one of the easiest changes you can make.

What to do: Drink 2-3 cups of coffee or green tea daily regular or decaf but not with sugar

Simple Swaps:

- Sweet tea ➔ unsweetened green tea
- Sweet coffee ➔ Coffee with milk, no sugar
- Fruit juice ➔ Iced coffee or green tea
- Sugary drinks ➔ Can of sparkling green tea

TOP TIP: Swapping sugary drinks for unsweetened coffee or green tea takes away the main stressor (sugar) AND helps to heal the liver. This is one of the most powerful swaps you can make.

Make it easy:

- Make coffee or green tea part of your morning routine
- Keep green tea bags at work
- If you are used to sugar in tea or coffee - reduce it gradually over 2 weeks
- Try different green teas to find one you like



Just 2-3 cups of unsweetened coffee or green tea a day can reduce liver fat and improve liver function.



CAN IT! Fizzy, sugary drinks are some of the worst offenders for causing fatty liver disease. Swapping them out is one of the smartest moves you can make for improving liver health.

BE KIND TO YOUR LIVER

Excess sugar should be reduced - too much in your diet gets made into fat and stored in your liver. Be especially wary of high fructose corn syrup found in a lot of processed sweet foods such as fizzy drinks, sweets and biscuits. This form of sugar can ONLY be processed in your liver and puts it under even more stress than normal sugar.

Processed and red meats, fried foods and takeaways - all high in the wrong type of fats that can contribute to liver fats

White bread, white rice, white pasta - All contain large amounts of 'naked' carbohydrate - swap for wholegrain versions

Alcohol - can increase liver fat - even in moderate quantities

YOUR SUCCESS TIPS

Start small: Master one step before moving to the next. Even one change makes a difference!

Make it visible: Print this out and stick it on your fridge as a daily reminder.

Tell someone: Share your plan with family or a friend. Support helps!

Slip-ups are normal: Missed a day? No worries. Just start again tomorrow. It's about progress, not perfection.

Be patient: Changes to your liver fat can take a few weeks to feel the difference. Stick with it!

Celebrate wins: Managed all 6 steps for a week? That's fantastic - treat yourself (but maybe not to a high salt or sugary snack!)

REMEMBER

Your liver responds to every positive change - even small steps, made daily, can have big impacts: Start today, keep going, and your future self will thank you. **It's not all or nothing. It's all or something.**