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Strategies to Manage

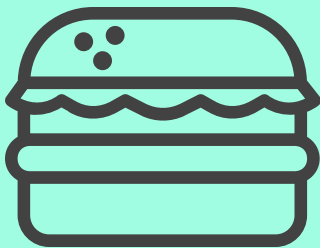
FATTY LIVER DISEASE



Reduce excess sugar, especially simple sugars in drinks.



Lose weight if overweight or obese.



Cut back on total fat and saturated fat, which can accumulate in liver tissue.



Increase intake of cruciferous vegetables.