

General lifestyle recommendation for patients with MASLD

Be active

- Make small changes to your daily routine, like using stairs instead of the elevator and walking from place to place
- Cut down on screen time to reduce sitting time
- Boost your physical activity
- Remember, every extra step you take counts!

Eat healthy

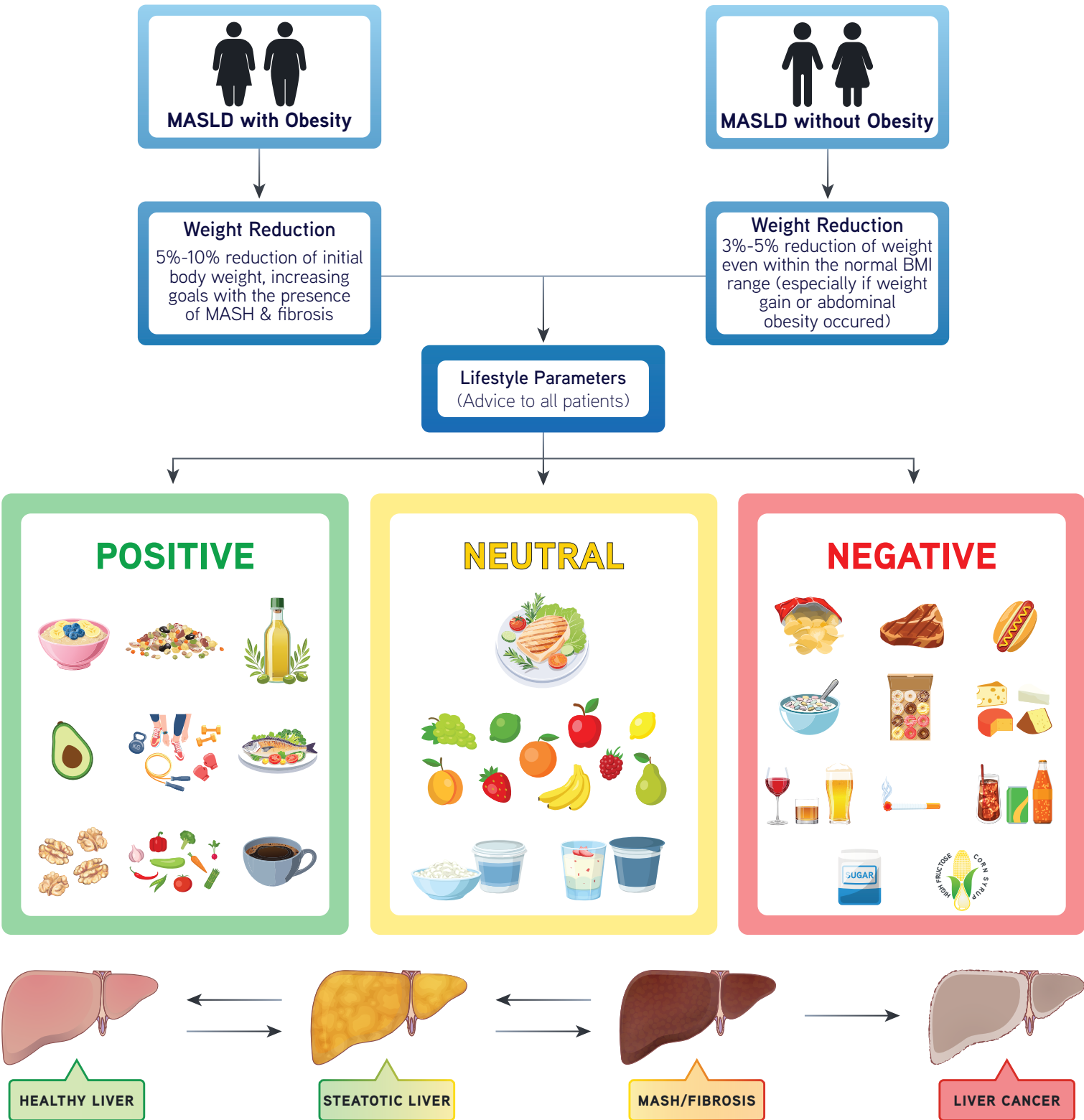
- Eat slowly, without screens
- Read carefully food labeling indicating the list of ingredients and the nutritional value. Select foods with a short ingredients list and with the fewest preservatives and additives
- Avoid ultra-processed food
- Avoid all types of sugar sweetened beverages

Get support

- Join structured diet and exercise programs with long-term support
- Set realistic and achievable goals for weight reduction and lifestyle change
- Seek advice from clinical dietitians and physical activity experts
- If necessary, consult with psychologists or behavior change experts for support
- Utilize digital health tools, such as apps tracking steps or meals, to enhance lifestyle adherence

Reduce stress levels

- Find time to do what you like and make you calm
- You can practice stress reduction techniques (breathing, mindfulness, etc)
- Try to sleep 7-8 hours/ night and avoid screens 2 hours before bedtime
- Avoid smoking or go to smoking cessation programs
- Avoid drinking alcohol



Please note that these are general recommendations and should not be considered a substitute for personalized advice from a professional