

Table 1**Lifestyle advice for non-alcoholic fatty liver disease (NAFLD)**

	Advice	Potential effect
Weight loss	≥7% body weight	Reduces fatty infiltration and inflammation
Diet	Mediterranean diet Limit carbohydrates Limit fructose	Reduces fatty infiltration Reduces fatty infiltration Reduces risk of developing NAFLD and fatty infiltration
Activity	90-120 minutes' aerobic exercise weekly Strength training	Reduces fatty infiltration Reduces fatty infiltration