

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	Reduces fatty infiltration
	The 5:2 diet	Reduces fatty infiltration
	Limit carbohydrates	Reduces fatty infiltration
	Limit fructose	Reduces risk of developing NAFLD and fatty infiltration
Activity	150 min aerobic exercise weekly	Reduces fatty infiltration
	Strength training	Reduces fatty infiltration