



# FATTY LIVER AND WEIGHT LOSS

## **Make half your plate fruits and vegetables**

In addition to being low calorie, fruits and vegetables are full of healthy nutrients your body needs. For maximum nutrition, work to eat fruits and vegetables in a variety of colors.

## **Switch to fat-free or low-fat (1%) dairy**

These products have the same amount of protein and calcium as whole-fat dairy, but fewer calories and less saturated fat.

## **Make half your grains whole grains**

Whole grains contain the entire grain kernel--bran, germ, and endosperm-- and offer more nutrition compared to their processed counterparts.

## **Vary your protein**

Work to consume more seafood, eggs, nuts, beans, and peas for added protein variety with less saturated fat.

## **Drink water instead of sugary drinks**

Soda, energy drinks, and sports drinks have added sugar and calories that can make weight loss difficult.

## **Start small**

When starting a new exercise or diet routine it is important to set realistic and achievable goals. Start by picking a few small changes to make and build from there.

## **Practice portion control**

Prevent overeating by practicing portion control. Use a smaller plate, cup, or bowl to portion out food before eating. Avoid going back for seconds or keeping extra food in plain sight.

## **Work to get a variety of aerobic, strength training, and flexibility exercises**

Example activities include walking, jogging, stair climbing, swimming, dancing, biking, sit-ups, push-ups, stretching, Yoga, and Pilates.

## **Stay active throughout the day**

Practice healthy living activities like push mowing the grass, washing your car by hand, staying active with children, and taking the stairs instead of the elevator for added calorie burn throughout the day.