



Empower your liver health through informed eating

A balanced diet has the power to support liver function and reduce the risk of metabolic issues.

However, healthy eating isn't accessible for everyone, with government policies and commercial forces shaping food environments. **Dietary guidelines, health labeling, zoning laws, and school meal programmes can foster healthier choices.**

While many barriers to healthy eating are beyond personal control, you can **empower yourself by staying informed and making small, manageable changes to improve your diet.**

The positive impact this can have on your liver health and overall health will be monumental.



1 Healthy livers are the foundation for healthy lives


 **+500**
functions

The liver is responsible for over 500 vital functions in the body, from detoxifying harmful substances to breaking down the nutrients of the foods you eat, **the liver acts as the filter for the whole body.**

30% of adults worldwide have MASLD

MASLD is a buildup of fat in the liver. This buildup significantly increases the risk of developing other metabolic diseases such as Type II diabetes and cardiovascular disease.

2 The health of your liver reflects the health of your environment

 **Support cleaner air, safer food, and health-focused policies**

Liver health is closely tied to environmental factors like climate change, pollution, and policy. Toxins from air pollution, chemicals, and pesticides can strain liver function, while health policies shape access to nutritious foods and quality care.

A sugar-sweetened beverages tax could reduce their consumption by **20%**

Implementing a **sugar-sweetened beverage tax can lead to 20% reduction in consumption** which can help to reduce buildup of fat in the liver and risk of developing other metabolic diseases.




3 Every sip you take and meal you make shapes your liver health

Personalise your plate. Protect your liver



The liver processes everything you consume, fats, proteins, sugars, alcohol, medication, if you ingest it, your liver filters it. **A balanced diet rich in fruits and vegetables, and lean proteins helps to maintain liver health** while excess sugar and unhealthy fats can make your liver sick.

 **5-10%** body weight reduction leads to big improvements

Weight loss of just **5-10% of body weight** can significantly reduce liver fat and improve liver function.

4 You can support the liver in healing the body and healing itself

In a matter of weeks, the liver can regenerate **70%** of its mass

The liver has the **unique ability to regenerate itself, even after significant damage.** By adopting healthier habits – such as improving diet and increasing exercise – you can help your liver recover and function normally again.

5 Your liver deserves care at every stage - starting today can make a difference

 **Your liver responds well to care, no matter when you start.**

Even if you have had unhealthy habits in the past, **positive changes can still improve your liver function and your overall health.**

6 Even years of damage can be reversed.

Healthy changes today can cut liver disease risk by 50%

- <https://gut.bmj.com/content/72/11/2138>
- <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2792842>
- <https://www.aasld.org/practice-guidelines/clinical-assessment-and-management-metabolic-dysfunction-associated-steatotic>
- <https://www.nih.gov/news-events/nih-research-matters/cells-maintain-repair-liver-identified>
- <https://www.who.int/publications/i/item/9789241599931>
- [https://www.journal-of-hepatology.eu/article/S0168-8278\(24\)00329-5/fulltext](https://www.journal-of-hepatology.eu/article/S0168-8278(24)00329-5/fulltext)



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