



PINNACLE
CLINICAL RESEARCH

How to Manage NASH Through Lifestyle Changes



NASH progression can be controlled through improvement in lifestyle habits: Eating less and doing more exercise.

If you are able to lose 10% of your body weight, this is proven to have a favorable impact on your NASH, and also on fibrosis (the scarring of the liver). It may be difficult to achieve this, and most of all to sustain the efforts. Do not hesitate to seek support from your healthcare provider.

Here are some tips to support you in managing your weight and helping your liver:

Diet and Nutrition

- Cook your own meals, avoid processed foods
- Eat slowly, focus on what you are eating, let your brain understand that your stomach is full (it takes time)
- Control your portions: Use smaller plates and glasses
- Use oils rich in unsaturated fats (olive oil, flaxseed oil)
- Eat lots of vegetables and fruits
- Eliminate the following foods: bread, tortillas, pasta, pizza, rice, potatoes
- Limit alcohol consumption
- Snack healthily: choose fruits, nuts
- Read food labels to know what you are eating: main ingredients come first (if butter or oil comes first then the product has a high fat content, same for sugar content if it comes at the top of the list)
- Drink plenty of water: keep hydrated; you can add lemon, mint or cucumber if you don't like plain water, drink tea. Staying hydrated reduces the feeling of hunger
- Avoid drinks with high sugar and fructose (sodas)
- Choose skim dairy products
- Eat meals at regular times, do not skip a meal

Exercise and Physical Activity

- Exercise at your pace and intensity
- Work out with a friend or group: you may enjoy it more if it becomes a social activity
- Build it into your day: Find ways to include exercise in your daily routine, for example taking stairs instead of elevators
- Try something new, to add fun in your exercise routine
- Low impact activity like walking or gardening is still exercise