

Lifestyle Changes for Weight Loss Success

AdventHealth Fatty Liver Disease Program

Dietary Changes

- Eat more protein and less carbohydrates: protein helps you stay full longer. Carbohydrates make you feel full quickly, but this feeling doesn't last. Follow a diet which is higher in lean protein and lower in carbohydrates; this will keep you feeling full longer.
- Protein can be found in many forms, not just meat: eggs, fish, legumes, yogurt, powder for shakes and tofu are excellent options that are lower in fat.
- Eat slower! It takes 30 to 60 minutes for the hormones that signal satiety/fullness to take effect. Because of this, take time to allow these hormones to work.
- More fiber: taking fiber 30 to 60 minutes before a meal can help reduce the amount of food eaten at mealtime.

Exercise and Physical Activity

- You can't exercise your way out of a bad diet! While exercise is important for multiple aspects of health, it takes a lot of exercise to result in weight loss. Sustained weight loss is all about diet!
- We do recommend moderate regular exercise, about 30 to 60 minutes/day, 4 to 5 times/week for overall health. Regular exercise helps build muscle, improves energy, sleep and mood, and improves your cardiovascular health.

Other Considerations

- "It takes a village" to lose weight! Find someone who shares your goals and work together.
- Approach changes in lifestyle from a long-term perspective: make small changes you can maintain over the long-term, rather than extreme changes you might find difficult to stick with over time.
- The body and mind are intimately connected. Maintaining good mental health is key to developing good physical health.



We Can Help

We have services available including: nutrition counseling, personalized weight-loss program (referral), weight-loss medications, a meal replacement program (Optifast), and bariatric surgery referrals. Please do not hesitate to inquire about these options.

We are here for you. Please let us know how we can help you to achieve your weight loss goals, as well as treat your liver health.

AdventHealth complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente 407-303-3025.

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele nimewo ki anba an 407-303-3025.


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