

Fatty_Liver disease Prediction Report

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User Input Data:

Parameter	Value
Age	42
Gender	2
Body_Mass_Index	28.1
ALT	46
AST	35.0
GGT	24.0
Triglycerides	95.0
Glucose	82
Total_Cholesterol	213
HDL	45.0
LDL	162

Prediction Result: The prediction indicates a mild illness.

Trusted Advices For You:

Your test indicates ****mild fatty liver****. With proper care, this condition is reversible. Start managing your liver health today.

Advice for Mild Fatty Liver ----

Nutrition Tips:

- Opt for a Mediterranean-style diet rich in veggies, fruits, and healthy fats.
- Reduce intake of refined carbs, sugars, and saturated fats.
- Limit red meat and processed snacks.

Physical Activity:

- Engage in 20–30 minutes of aerobic exercise (e.g., walking, swimming) most days of the week.
- Strength training twice a week can help with fat metabolism.

Lifestyle Adjustments:

- Avoid alcohol or consume only occasionally in moderation.
- Maintain a healthy weight—losing 5-10% of your body weight helps reverse fatty liver.

Follow-up:

- Schedule periodic liver function tests and ultrasounds to monitor progress.

Note: With discipline in diet and exercise, fatty liver can be reversed in early stages.