Here’s a simple and clear explanation of **Fatty Liver Prevention Methods** for beginners:

**What is Prevention?**

**Prevention** means doing things that **stop a disease from happening**.  
In fatty liver, prevention means keeping your liver **healthy** so that **fat doesn’t build up**.

**Fatty Liver Prevention Methods**

* **Eat a Healthy Diet**
  + Eat more **fruits, vegetables, whole grains**, and **lean proteins**.
  + Avoid **fried food**, **junk food**, **fast food**, **too many oily items** and **too much sugar**.
  + Reduce **white rice, white bread**, and **sugary drinks** like cola and juice.
  + Choose **healthy fats** like nuts, seeds, olive oil, and fish.
* **Maintain a Healthy Weight**
  + If you're **overweight**, try to **lose weight slowly**.
  + Even **losing 5 to 10% of your body weight** can help your liver.
* **Exercise Regularly**
  + Do at least **30 minutes of walking, cycling, or any physical activity** daily.
  + Exercise helps **burn fat** and keeps your **liver healthy**.
* **Avoid Alcohol**
  + Alcohol can **damage liver cells** and **increase fat** in the liver.
  + If you don’t drink, **don’t start**. If you do, try to **stop or reduce it**.
* **Control Diabetes and Blood Sugar**
  + If you have **diabetes or high blood sugar**, keep it **under control** with medicine, diet, and exercise.
* **Lower Cholesterol**
  + Avoid foods that raise **bad cholesterol** (like fried foods, butter, red meat).
  + Use **healthy oils** (like olive oil or sunflower oil) in small amounts.
* **Avoid Unnecessary Medicines**
  + Some medicines can harm the liver if taken too much or without advice.
  + **Always check with a doctor** before taking new medicines.
* **Get Regular Health Check-Ups**
  + Do liver tests if you are at risk (obese, diabetic, etc.).
  + Early detection can help you **reverse fatty liver before it gets serious**.

**Drink More Water**

* Water helps your body and liver **flush out toxins**.
* Try to drink **6 to 8 glasses** every day

**In Simple Words**

To **prevent fatty liver**, you should **eat well, stay active, avoid alcohol**, and **take care of your overall health**.  
A **healthy lifestyle today** means a **healthy liver tomorrow**.