

Healthy Weight & Fatty Liver (MASLD)

About This Resource

These programs and services support individuals with fatty liver disease (MASLD / MASH) through lifestyle change, nutrition counseling, physical activity, and weight management. They include registered dietitians, behavior programs, local classes, and online resources that align with evidence-based care.

Some people have both metabolic risk factors and regular alcohol use — a combination sometimes called MetALD (*metabolic and alcohol-related liver disease*). These cases benefit from both nutrition and weight-management support and alcohol recovery resources.

Please see: *Alcohol Recovery & Sober Support Patient Resource*.

Nutrition & Weight Management Programs

- **Texas Liver Care — TLC Wellness Program**

Personalized medical and nutritional guidance for metabolic health.

 (682) 427-0200 |  texaslivercare.org | Dallas & Fort Worth

- **Baylor Scott & White Center for Medical & Surgical Weight Loss Management**

Medical and surgical weight-management services within an academic health system.

 (214) 820-8220 |  [BSW Weight Wellness \[bswhealth.com\]](http://bswhealth.com) | Dallas & Fort Worth

- **UT Southwestern Weight Wellness Program**

Integrated clinical and behavioral approach to weight management at a tertiary academic center.

 (214) 645-6911 |  [UTSW Weight Wellness \[utswmed.org\]](http://utswmed.org) | Dallas

Community & Lifestyle Support

Local and regional organizations offering programs to promote active living and healthy nutrition.

- **YMCA**

Affordable fitness, diabetes prevention, and lifestyle classes for all ages.

 ymcafw.org |  ymcadallas.org

- **Tarrant County Public Health – Health Classes**

Free exercise, cooking, and chronic-disease classes.

 [Tarrant Health Classes \[tarrantcountytx.gov\]](http://tarrantcountytx.gov)

- **Blue Zones Project – Fort Worth**

Community initiative helping make healthy choices easier where people live, work, and play.

 fortworth.bluezonesproject.com

Online Education & Self-Management Tools

For Support & Questions

Texas Liver Care | (682) 427-0200 | TexasLiverCare.org | info@TexasLiverCare.org | 617 Travis Ave, Fort Worth, TX 76104

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- **American Liver Foundation – MASLD Resource Center**

Educational hub on MASLD including patient support programs.

 [ALF Education \[liverfoundation.org\]](https://liverfoundation.org)

- **National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)**

Trusted federal health resource offering evidence-based information on fatty liver disease, nutrition, and metabolic conditions.

 niddk.nih.gov

- **CDC – Healthy Weight Program**

Guidance on healthy eating, physical activity, and weight management strategies from the nation's leading public-health authority.

 cdc.gov/healthyweight

- **MyPlate by USDA**

Interactive tools and meal-planning resources that promote balanced nutrition based on current Dietary Guidelines for Americans.

 myplate.gov

Research & Clinical Trials

- **ClinicalTrials.gov**

National database of ongoing studies for metabolic and fatty liver disease (MASLD/NASH) and related obesity research.

- **Evidentis Clinical Research**

Clinical trial center offering opportunities to participate in clinical studies related to liver and metabolic health.

 (682) 651-1112 |  evidentisresearch.com

- **Texas Liver Care** can also connect you with studies offered through Evidentis and other collaborating research networks.

Participation in clinical research helps advance future treatments and may expand access to promising therapies under expert medical supervision.

TLC Tips – Building Healthy Habits

- Request a referral to a registered dietitian — many insurance plans cover Medical Nutrition Therapy.
- Aim for gradual weight loss ~1–2 lb (0.5–1 kg) per week; avoid crash diets or extreme fasting cleanses.
- Focus on high-fiber foods & lean proteins; limit added sugars, refined carbohydrates, & ultra-processed snacks.
- Target at least 150 minutes of moderate physical activity per week, as tolerated.
- Review all medications & supplements with your healthcare provider to ensure they are safe for your liver.

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- If you drink alcohol, discuss it openly with your healthcare provider — even small reductions can significantly benefit liver health, especially in MetALD.

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