

Nutrition, Weight Wellness & Lifestyle

About This Resource

These programs and organizations connect individuals with trusted nutrition and lifestyle services that support liver and metabolic health including fatty liver disease (MASLD/NASH) and weight-related conditions. Resources include registered dietitians, wellness programs, local classes, and online education that promote sustainable, evidence-based approaches to nutrition, activity, and behavior change.

Clinical Nutrition & Dietitian Services

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

Personalized, physician-guided nutrition and weight-management support for patients with liver and metabolic conditions. Services emphasize sustainable lifestyle change, balanced nutrition, and close coordination with your care team.

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

- **UT Southwestern Nutrition – Internal Medicine Subspecialties Clinic**

Comprehensive clinical nutrition evaluation and counseling within a tertiary academic center.

☎ (214) 645-6454 | 🌐 utswmed.org | Dallas

- **Baylor Scott & White – Outpatient Nutrition Counseling**

Registered-dietitian consultations for medical nutrition therapy, metabolic health, and weight management.

☎ (214) 820-0111 (Dallas) | (817) 926-2544 (Fort Worth) | 🌐 bswhealth.com/nutrition

- **Texas Health Resources – Nutrition Counseling**

Individual and group nutrition counseling focused on diabetes, cardiovascular, and liver health.

☎ (877) 847-9355 | 🌐 texashealth.org/nutrition | Multiple DFW locations

Community & Lifestyle Programs

- **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 County Health Classes](https://tarrantcountytx.gov/health/classes) [tarrantcountytx.gov]

- **Blue Zones Project – Fort Worth**

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

🌐 fortworth.bluezonesproject.com

For Support & Questions

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

Disclaimer: Educational use only. Not a substitute for professional medical advice or care. External resources are provided for convenience and do not imply endorsement by Texas Liver Care. Clinical services are provided by Texas Liver Health, an independent medical practice. Texas Liver Care does not provide clinical care.

Online Nutrition Tools & Education


- **The Doc's Kitchen**

Created by a physician and trained chef specializing in gastroenterology, nutrition, and weight management. It offers healthy recipes, practical cooking tips, and evidence-based education to support sustainable eating habits.

 thedocskitchen.com

- **CDC – Healthy Weight Program**

Guidance on healthy eating, activity, and weight management from the U.S. Centers for Disease Control and Prevention.

 cdc.gov/healthyweight

- **MyPlate by USDA**

Interactive meal-planning tools and nutrition guidance based on the Dietary Guidelines for Americans.

 myplate.gov

TLC Tips – Building Healthy Habits for Liver Health

- See a registered dietitian. Many insurance plans cover Medical Nutrition Therapy (MNT) for liver and metabolic conditions.
- Aim for gradual, steady progress — 1–2 lb (0.5–1 kg) per week is ideal; avoid crash diets or extreme cleanses.
- Prioritize fiber and lean proteins. Choose whole grains, vegetables, legumes, and healthy fats over processed snacks.
- Stay active. Target at least 150 minutes of moderate physical activity each week, as tolerated.
- Review medications and supplements. Always verify safety with your provider, especially in liver disease.
- If you drink alcohol, discuss it honestly with your clinician, even modest reductions can significantly benefit liver health.

For Support & Questions

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

Disclaimer: Educational use only. Not a substitute for professional medical advice or care. External resources are provided for convenience and do not imply endorsement by Texas Liver Care. Clinical services are provided by Texas Liver Health, an independent medical practice. Texas Liver Care does not provide clinical care.