

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](http://TarrantCountyHealthClasses.tarrantcountytexas.gov) [[tarrantcountytexas.gov](http://TarrantCountyHealthClasses.tarrantcountytexas.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

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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.

 thedoctorskitchen.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.

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