



Week 6: Diabetes and the Liver

People with type 2 diabetes are more likely to develop fatty liver disease (NAFLD). This happens when fat builds up in the liver, sometimes causing damage.

How to protect your liver:

- Keep to a healthy weight.
- Be active most days.
- Limit alcohol – ideally no more than 14 units per week, spread out.
- Eat more fibre (fruit, vegetables, wholegrains).



Did you know?

NAFLD often causes no symptoms. Regular blood tests and scans may be used to check your liver health.

