



OPINION

Association between Diet and Risk of Metabolic-Related Fatty Liver Disease

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INTRODUCTION

In this cross-section, MAFLD was found to be associated with dietary components such as snacks, instant noodles, milk, tubers, and vegetables. For anyone, this is a prime cross-sectional analysis to examine the relationship between dietary sources and MAFLD. Our results follow previous studies showing that snacks and instant noodles are positively associated with his MAFLD. Is consistent with a cross-sectional study using interviews, biochemistry, and radiology in Israeli adults (n=375) showed an association between NAFLD and increased consumption of meat and sweetened carbonated beverages. Snacks are usually very high in fat and high fructose corn syrup (HFCS), which raises blood sugar levels. Fructose again increases lipogenesis and mitochondrial binding, causing oxidative stress and promoting fat accumulation in the liver. Another important component of added sugar in refreshments is glucose. Glucose promotes hepatic fat accumulation either directly or by being converted to fructose *via* the hepatic polyol pathway (under hyperglycemic conditions).

DESCRIPTION

In any case, there are currently no relevant studies on the association between instant noodles and MAFLD, so the specific system of that association needs further investigation. Apart from the above, we observed that milk, tubers and vegetables were inversely associated with MAFLD. In contrast, people over 50 who drink milk and women over 50 who prefer dairy products were found to have a significantly lower risk of developing NAFLD. Another Korean study using a similar relevant dataset also found that dairy product use was associated with a lower incidence of metabolic disorders and hyperglycaemia in middle-aged and old-

er Koreans. There are several factors that could explain the relationship between milk and his reduced risk of MAFLD. Milk proteins from cow's milk may synergistically suppress her NAFLD with exercise and help prevent sarcopenia, a known risk factor for NAFLD. Moreover, insulin blockage is the main etiology of her NAFLD. A future population-based improvement of the coronary supply pathway in young adults will focus on revealing an inverse correlation between relapse in dairy intake and progression of impaired insulin resistance.

CONCLUSION

Existing research suggests that tubers and vegetables can have a valuable impact on his NAFLD. The factors behind his potential use of tubers and vegetables to have beneficial effects on his NAFLD gambling have not been fully explained. However, this can be achieved by lowering energy density in addition to dietary and antioxidant intake of the various polyphenols and carotenoids found in soil-grown foods. It is a food source rich in active phytochemicals, and cancer-fighting agents. Phytochemicals and cell enhancement prevent fatty liver and reduce lipid peroxidation and oxidative DNA damage due to their calming properties. Strands also play their role by keeping up with the groupings of glucose, insulin, and free unsaturated fats. Tubers and vegetables generally have a high water content and low energy density, which reduces the overall energy density of the food type and improves satiety while reducing calorie intake. From the outset, the study relied on information from cross-sectional studies that were unable to derive causality. In addition, the data used in this study were collected by review self-discovery, so the possibility of predisposition to review data accuracy could not be ruled out.