

#HEALTH

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How to reverse fatty liver naturally: Expert-recommended diet tips

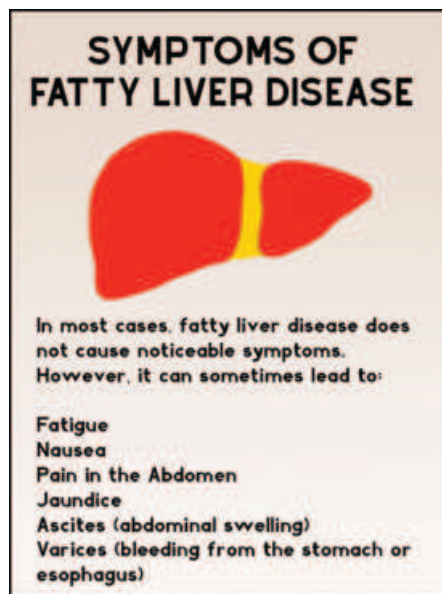
Maintaining liver health is crucial for overall well-being, and it involves a multifaceted approach that includes nutrition, lifestyle choices, and professional guidance from doctors and dietitians. Poor dietary choices can contribute to various liver conditions or diseases, the most common being fatty liver. This can be treated or prevented by leading a modified lifestyle.

Function of the liver

Nutrition directly influences the liver's ability to perform myriad functions efficiently. It acts as a metabolic factory. No matter what food we eat, after digestion, they pass through the liver. After proper inspection, the organ processes the food into various parts.

About 85-90 per cent of the blood that leaves the stomach and intestines carries important nutrients to the liver, where the proteins are processed and broken down into amino acids, the carbohydrates into glucose molecules, and the fats into fatty acids.

The vitamins and minerals are utilised in various enzymatic chemical reactions



to break down and convert the food into a utilisable form. Also, they halt the entry of bacteria and viruses into our bodies.

It serves as the body's primary detoxifier, breaking down and neutralising toxins,

drugs, and alcohol. The liver stores vitamins, minerals, and sugars, releasing them when the body requires them. It also plays a role in regulating cholesterol levels.

How to manage fatty liver

The Mediterranean diet, which emphasises fruits, vegetables, whole grains, and lean proteins while limiting red meat, processed foods, and sugary drinks, is highly recommended for patients who are suffering from fatty liver. Try to eat as many fruits and vegetables as possible.

Try to split your food intake into three main meals (breakfast, lunch and dinner) and three snacks (mid-morning, mid-afternoon, and late evening). The late-evening snack is the most important, as it covers the long interval between dinner and breakfast.

There are some simple tips and tricks that we can maintain.

It is recommended to consume 4-5 meals per day; breaks between meals should not exceed 2-3 hours. The last meal should be consumed at least 3 hours

before sleeping.

Meals should be consumed slowly.

It is important to finish eating when the person does not feel satiety; a signal of satiety is felt usually 15 minutes after the end of consumption.

Alcohol can be a major cause of fatty liver disease as well as other diseases related to the organ.

Avoid sugary foods like candy, cookies, sodas, and fruit juices. High blood sugar increases the amount of fat buildup in the liver. Avoid fried foods that are high in fat and calories.

Consuming too much salt can increase the risk of NAFLD. Limiting sodium intake to less than 2,300 milligrams per day is recommended. People who have high blood pressure should limit salt intake to no more than 1,500 mg per day. It may take some time to adjust, but it usually gets easier with time.

White flour is typically highly processed, and items made from it can raise our blood sugar more than whole grains due to a lack of fibre.

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What you need to know about Nimbus, the new COVID-19 variant

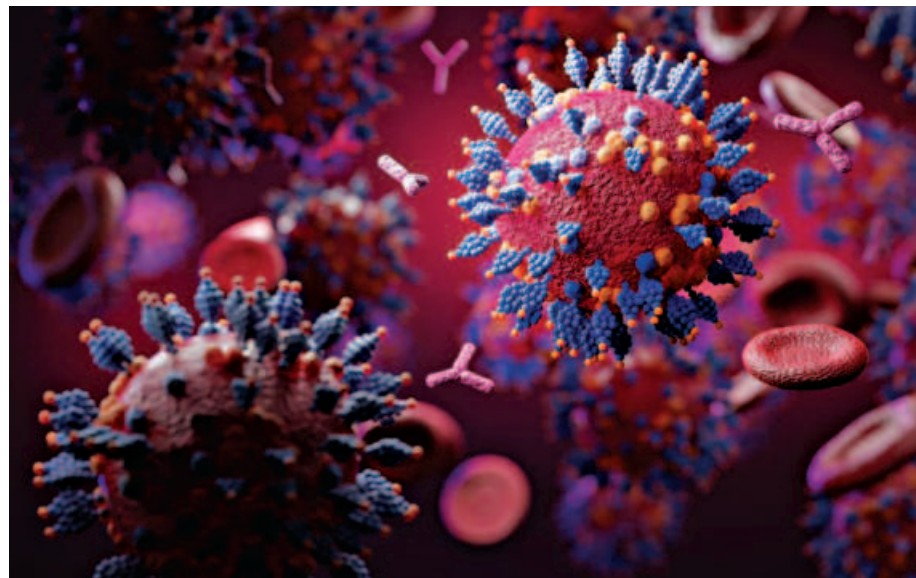
A new COVID-19 variant (NB.1.8.1 — unofficially nicknamed "Nimbus") is quietly crossing borders. First detected globally in January 2025, the variant has now been confirmed in over 20 countries, prompting the Directorate General of Health Services (DGHS), Bangladesh, to issue a nationwide alert.

Unlike in the early days of the pandemic, there are no frantic hospital scenes or mass testing queues. But experts warn that this new wave could be even harder to track, as it spreads with mild or no symptoms and very little public awareness.

The NB.1.8.1 variant is a sub-lineage of Omicron, evolving as the virus continues to mutate. It was first identified in travellers from East Asia and Europe in January this year. Since then, it has spread quietly across several states in the US, UK, China, Australia, and now Bangladesh.

In China and Hong Kong, NB.1.8.1 has become the dominant strain. According to global health reports, the variant shows signs of increased transmissibility, meaning it may spread more easily from person to person than previous strains. And, one of the most unusual things about NB.1.8.1 is how quietly it spreads.

According to health officials, most people who test positive do not have the usual symptoms like fever or a persistent



cough. Instead, they may feel a little tired, experience slight nasal congestion, or have a sore throat. Some have nausea and mild digestive issues like diarrhoea, and then carry on, unaware they have caught the virus. This makes detection especially difficult, and public awareness alarmingly low.

The DGHS's recent circular confirms that the variant is already present in Bangladesh and calls for renewed precautions,

particularly at ports of entry, hospitals, and crowded public spaces.

The World Health Organization (WHO) has classified NB.1.8.1 as a "variant under monitoring," meaning it has not shown increased severity but is spreading quickly enough to warrant international attention.

Early studies suggest it may partially evade immunity from past infections or vaccinations. Yet, current vaccines and antiviral treatments remain effective in

preventing severe illness.

The good news? There is no evidence so far that NB.1.8.1 or Nimbus is causing more hospitalisations or deaths than previous variants. However, health experts caution that its ability to spread silently could result in a slow and steady rise in cases if left unaddressed.

The DGHS has urged people to resume basic precautions. That includes wearing masks in crowded areas, washing hands regularly, staying home if unwell, and reporting any suspicious symptoms to local health authorities.

Healthcare workers are being reminded to prepare isolation facilities, resume the use of PPE, and screen travellers at airports, land borders, and seaports.

More than four years into the pandemic, public vigilance is understandably low. However, this variant is a reminder that the virus has not vanished; it has merely changed form. And it may be circulating in communities long before we recognise it.

NB.1.8.1 or Nimbus should prompt caution. As one health official noted: "This variant isn't loud. That's exactly why we need to listen."

By Jannatul Bushra
Photo: Collected