

Alanine Transaminase (ALT)

What does it mean?

What is ALT?

ALT is found mainly in the liver. Your body uses ALT to break down food into energy. A simple blood draw is done to evaluate the level of ALT. Normal values of ALT are ≤ 50 IU/L.

What does an elevated ALT mean?

When ALT levels are higher than normal, it can mean that the liver is damaged or diseased. Usually people with elevated ALT have no symptoms.

Non-alcoholic fatty liver disease (NAFLD) results from fat accumulation in the liver. It is not due to excess alcohol consumption.

Elevated ALT and NAFLD are both linked to the following:

- Overweight or obesity
- Insulin resistance, in which your cells don't take up sugar in response to the hormone insulin
- High blood sugar (hyperglycemia), indicating prediabetes or type 2 diabetes
- High levels of fats, particularly triglycerides, in the blood

How to reduce ALT?

- **Maintain or achieve a healthy weight.** For children, a healthy BMI percentile is between 5-85%tile. To determine your child's BMI, Visit: <https://www.cdc.gov/healthyweight/bmi/calculator.html>.
- **Get physical activity.** Get exercise most days of the week. For children, the goal is to be active for at least 60 minutes a day. Exercise does not need to be all at once but can be spread out over the day.
- **Limit fast food and sugary drinks/foods.**
- **Follow a Mediterranean diet.** The Mediterranean diet has shown to be most effective to reduce ALT.

For more detailed information on Mediterranean diet visit kphealthyme.com/hearthealth. To schedule a visit with a dietitian, please call 303 614-1070.