Table 2- Mean values (Mean±SD) for AST, ALT, BMI and grade of fatty liver in intervention and control groups before and after the intervention

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | Groups | |  |
|  | intervention | control | *P value* |
| AST (units per liter) | Baseline | 37.72±13.19 | 52.61±29.59 | 0.143 |
| 6 weeks | 28.94±7.64 | 39.22±15.99 | 0.021 |
| 12 weeks | 24.22±6.29 | 27.39±7.20 | 0.169 |
| *P value* | <0.001 | <0.001 |  |
| ALT (units per liter) | Baseline | 37.56±10.83 | 62.67±52.07 | 0.252 |
| 6 weeks | 28.00±8.79 | 44.28±24.37 | 0.013 |
| 12 weeks | 24.67±7.42 | 28.56±7.75 | 0.133 |
| *P value* | <0.001 | <0.001 |  |
| BMI (kg/m2) | Baseline | 25.97±1.28 | 24.38±2.55 | 0.013 |
| 6 weeks | 25.48±1.24 | 23.97±2.31 | 0.006 |
| 12 weeks | 24.97±1.27 | 23.70±2.19 | 0.037 |
| *P value* | <0.001 | <0.001 |  |
| Grade of fatty liver | Baseline | 1.44±0.51 | 1.61±0.50 | 0.317 |
| 6 weeks | 1.22±0.42 | 1.56±0.51 | 0.040 |
| 12 weeks | 0.50±0.51 | 1.22±0.54 | 0.003 |
| *P value* | <0.001 | <0.001 |  |