

The Fatty Liver Diet

What Should You Eat?

Foods High In

- **Fiber**
Examples: grains, vegetables, fruits
- **Monounsaturated Fatty Acids**
Examples: nuts, olive oil, avocados
- **Polyunsaturated Fatty Acids**
Examples: nuts, sunflower seeds, flax seeds, salmon
- **Protein**
Examples: all fish, lean meats (chicken, turkey), cottage cheese (unless you have liver cirrhosis)
- **Foods High in Vitamins**
Examples: green leafy vegetables

Friendly Reminder

Only eat when you're hungry

What Should You Eat in Moderation?

- Condiments
- Ice Cream
- Frozen Dinners
- Frozen Vegetables
- Coffee Creamer

Friendly Reminder

You do not have to finish your plate!
Stop eating when you are full.

What Should You Avoid?

Foods High In

- **Fructose**
Examples: soda (drink less than 1 can a day), candy, low-fat yogurt, low-fat salad dressing, energy/sport drinks, jams/jellies, cereal, granola bars, canned fruits, concentrated fruit juice
- **Saturated Fats**
Examples: beef, pork, lamb, butter, lard, cream, cheese, milk, packaged meals (ex: hamburger helper, mac and cheese)
- **Trans-fats**
Examples: cookies, cakes, pizza, fast-food

Instead of...



Low Fat Yogurt



Salad Dressing



Sugary Breakfast Cereals



Butter

Try This!



Greek Yogurt with Honey and/or Vanilla



Extra-Virgin Olive Oil and Balsamic Vinegar



Kashi, Post Foods, or Oatmeal



Olive Oil

Need a Caffeine Fix?

Drink coffee or tea with small amounts of milk or creamer

OR

Try drinking your coffee black!



Healthy Habits

- Eat a source of protein with every meal
- If you have an advanced liver disease, a night snack should be high in fiber
- Minimize alcohol
- Check in with your physician on a regular basis
- Exercise 3 to 4 times a week
⇒ Walking counts but make sure you break a sweat!

