



NAFLD and NASH Diet

What is a Nonalcoholic fatty liver disease (NAFLD) and Nonalcoholic steatohepatitis (NASH)?

Nonalcoholic fatty liver disease (NAFLD) is when the liver has a fat build-up but is not inflamed. Nonalcoholic steatohepatitis (NASH) is when the liver has a fat build-up and is inflamed. NASH may eventually cause liver scarring (fibrosis), which can lead to cirrhosis and liver failure.

Why order a NAFLD and NASH diet?

The NAFLD and NASH diet is based on a low-fat diet. If you are overweight (BMI >25) or obese (BMI >30), it is recommended that you lose weight. Studies show that even a 10 percent weight loss can improve liver enzymes, that correlates with a reduction in the liver inflammation caused by extra fat. Patients who have high blood pressure, have high cholesterol, are overweight or obese, and have diabetes or insulin resistance are at greater risk to develop fatty liver disease.

What can I eat on the NAFLD and NASH diet?

Foods to Eat	Foods to Avoid or Limit
<ul style="list-style-type: none"> • Monounsaturated fats: plant-based liquid oils (olive, canola, and peanut oils), avocados, peanut butter, and many nuts and seeds • Polyunsaturated fats: plant-based oils (soybean oil, sunflower oil), some nuts (walnuts) and seeds (sunflower seeds), tofu and soybeans. • Omega-3 fatty acids: Fatty fish such as salmon, sardines, tuna, and trout • Low-glycemic index foods: most fruits, vegetables, and whole grains 	<ul style="list-style-type: none"> • Limit saturated fats: animal-based (beef, pork, poultry), full-fat dairy products, eggs, and tropical oils (coconut oil) • Limit trans fats: fried foods, baked goods (cakes, pie crusts, biscuits, cookies), crackers, and margarines • High-glycemic index foods: white bread, white rice, and potatoes • Added salt • Fried foods: These are high in fat and calories • Added sugar: Stay away from sugary foods such as candy, cookies, sodas, and fruit juices. • Alcohol • Red meat and deli meat

References: <http://niddk.nih.gov/health-information/liver-disease/nafl-d-nash/eating-diet-nutrition> and John Hopkins Medicine Digestive Weight Loss Center – Fatty Liver Disease, <https://www.healthline.com/health/fatty-liver-diet>, <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats>