Eating for a healthier you: NAFLD/NASH eat this not that



Fresh fruit, canned fruit packed in water or 100% fruit juice, frozen fruit without added sugar, dried fruit without added sugar



Canned fruit packed in syrup, dried or frozen fruit with added sugar





Fresh vegetables, low-sodium canned vegetables, frozen vegetables without added butter or sauces

veggies

Deep fried vegetables, frozen vegetables with added butter or sauces, full-sodium canned vegetables





Amaranth, barley, brown rice, buckwheat, old fashioned oatmeal, quinoa, sorghum, wheat berries, whole grain bread, whole grain pasta, whole grain crackers, wild rice

grains

White rice, refined white flour products (bread, bagels, rolls, crackers, tortillas, cereals, pasta, cakes, cookies, pies)





Beans, fish, eggs, poultry, shellfish, tempeh, tofu

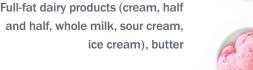
proteins

Processed and smoked meats (deli meats, jerky, hot dogs, sausages and bratwurst), fried meats, red meat



Low-fat dairy (milk, yogurt, cheese, kefir), unsweetened or low-sugar plantbased milks and yogurts (almond, soy, oat, coconut)

dairy



Alcohol, fruit drinks, sports

drinks, soda, energy drinks



Coffee, tea, naturally flavored sparkling water, kombucha, water

beverages



Canola oil, extra virgin olive oil, plain seeds, plain whole nuts

others

Corn oil, salted or sugar-coated nuts and seeds, coconut oil, soybean oil, sunflower oil





Scan the QR code for a wellness and lifestyle guide for adults living with non-alcoholic fatty liver disease.

