

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

fruits

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 plant-based milks and yogurts (almond, soy, oat, coconut)

dairy

Full-fat dairy products (cream, half and half, whole milk, sour cream, ice cream), butter



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

beverages

Alcohol, fruit drinks, sports drinks, soda, energy drinks



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.