Eating well with fatty liver

Metabolic dysfunction-associated steatotic liver disease (MASLD)

Mediterranean-style eating is the recommended approach. If you are overweight, losing weight slowly can reduce liver fat.

Half: non-starchy vegetables

A quarter: lean protein

A quarter: whole grains, fruit or starchy vegetables

Foods to enjoy

Non-starchy vegetables
At least 5 servings of vegetables and fruit a day

Lean protein

Fruit

Olive oil

Whole grains

Nuts and seeds

Fatty fish
Omega-3 fats

Avocado

Foods to limit

Sweet drinks
Soda, sports drinks, sweet tea, juice

Added sugar
Under 9 tsp a day for men, 6 tsp for women

Alcohol
Experts advise not drinking at all

Fried food

Processed sweets
Often contain trans fat

High-fat dairy
Choose low-fat or nonfat

White bread and rice
Choose whole grains

Potatoes
High-glycemic, keep portions small

If you are losing weight

- Aim for ½ to 2 pounds a week. Avoid crash diets and fasting.
- Losing 5 to 10% of your body weight can improve your liver.
- Keto and paleo diets are not proven for long-term weight loss.

If you have cirrhosis

- Your food needs are different. Ask us before you change your diet or try to lose weight.

General information for adults, not a personal diet plan. Follow the advice your own care team gave you, and talk to them before making big changes.

Questions? Call (718) 615-0400. **Medical emergency? Call 911.**

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Sources

- American Gastroenterological Association, MASLD and lifestyle changes
- American Association for the Study of Liver Diseases, Practice Guidance, 2023
- National Institute of Diabetes and Digestive and Kidney Diseases