Fatty Liver

Fats

Choose healthier fats like olive oil, avocado oil and nuts. Instead of unhealthy fats like butter and fried foods. Try to limit total fat intake overall in your diet.

DHA is a type of omega-3 fat that can reduce inflammation in your liver. DHA is found in fatty fish like salmon, mackerel, sardines, tuna, and trout.

See the table for a full list of healthy fats.

Fiber

A diet that includes enough fiber can improve fatty liver function.

These foods help your liver because:

- Fiber lowers cholesterol, which protects the liver.
- Foods with lots of fiber also have antioxidants.
- Complex carbohydrates help with blood sugar control, which is good for liver function.
- Fiber keeps you full, which helps you eat fewer calories during the day.

See the table for a full list of high fiber foods.

Antioxidants

Eat different kinds of colorful fruits and vegetables. They have antioxidants that can reduce inflammation in the liver.

Some antioxidants are more important for keeping your liver healthy, like:

- Vitamin E (found in nuts, seeds, spinach, avocado)
- Vitamin C (found in citrus, strawberries, bell peppers, broccoli, tomatoes)
- Polyphenols (found in green tea, coffee, berries, 70% dark chocolate)

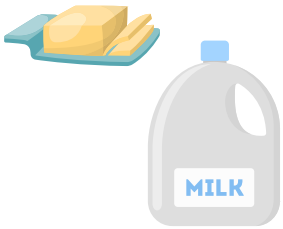
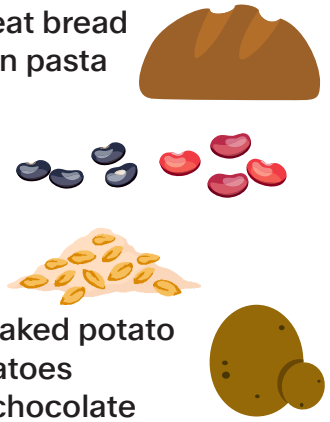
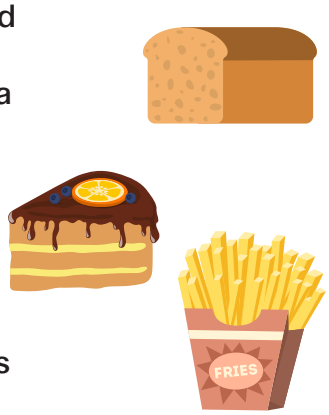
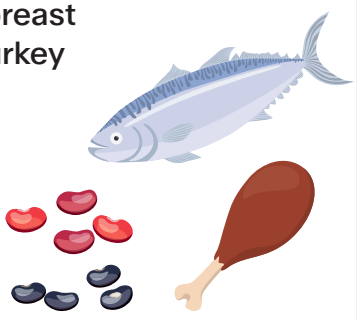
Added sugars

Eating too much sugar can increase fat in the liver. Avoid sources of added sugar, like sugary drinks.

See table for full list of added sugars.

The Mediterranean diet includes many foods that come from plants. This diet is high in fiber and nutrients, but low in saturated fat, dairy, animal fats, salt, and sugar.

CENTRAL HEALTH
TRAVIS COUNTY HOSPITAL DISTRICT

	FOODS TO CHOOSE	FOODS TO AVOID
FATS	Olive oil Avocado oil Salmon Peanut butter Avocados Nuts and seeds 	Butter Coconut oil Animal fats Lard Shortening Fried foods Full-fat dairy 
CARBOHYDRATES	Whole wheat bread Whole grain pasta Brown rice Quinoa Bulgur Oatmeal Beans Lentils Boiled or baked potato Sweet potatoes 70% Dark chocolate 	White bread White rice White pasta Grits Pastries Cakes Cookies Candies Ice cream French fries 
ADDED SUGAR	Sugar-free beverages: • Water • Sparkling water • Sugar-free or diet sodas • Unsweet green tea • Black coffee 	Soda Juice Sweet tea Ice cream Pastries Simple syrup Honey Molasses High fructose corn syrup 
PROTEIN	Chicken breast Ground turkey Salmon Mackerel Tuna Beans Tofu Lentils 	Red meats Sausages Bacon Fried foods Eggs with yolk 