

**RODRIGUEZ-AQUINO MDPA**

**ADULT & SENIOR CLINIC**

**2501 N 23<sup>rd</sup> ST. STE. A, MCALLEN, TX 78501**

**Phone: (956) 994-3339 | Fax: (956) 994-0801**

**FATTY LIVER DIET**

A diet plan for fatty liver disease, also known as non-alcoholic fatty liver disease (NAFLD), focuses on reducing fat accumulation in the liver, promoting weight loss (if necessary), and supporting liver health. It's important to note that dietary changes should be made in consultation with a healthcare professional or a registered dietitian. Here's a general outline of a fatty liver diet:

**1. Limit Saturated and Trans Fats:**

- Avoid fried foods, fast food, processed meats, and high-fat dairy products.
- Choose lean protein sources such as poultry, fish, tofu, beans, and legumes.

**2. Emphasize Healthy Fats:**

- Include sources of healthy fats such as avocados, nuts, seeds, and olive oil.
- Omega-3 fatty acids found in fatty fish like salmon, mackerel, and sardines are particularly beneficial for liver health.

**3. Increase Fiber Intake:**

- Consume plenty of fruits, vegetables, and whole grains to increase fiber intake.
- Fiber helps with digestion and can aid in weight management.

**4. Control Portion Sizes:**

- Pay attention to portion sizes to prevent overeating and promote weight loss if needed.
- Use smaller plates to help control portion sizes visually.

**5. Limit Added Sugars and Refined Carbohydrates:**

- Minimize consumption of sugary drinks, sweets, desserts, and processed foods with high sugar content.

- Opt for whole grains such as brown rice, quinoa, and whole wheat bread instead of refined grains.

## **6. Stay Hydrated:**

- Drink plenty of water throughout the day to stay hydrated and support liver function.

## **7. Limit Alcohol Consumption:**

- For individuals with NAFLD, it's important to limit or avoid alcohol completely as it can worsen liver damage.

## **8. Moderate Caffeine Intake:**

- Moderate consumption of caffeine from sources like coffee and tea may be beneficial for liver health.

## **9. Incorporate Liver-Friendly Foods:**

- Foods like garlic, onions, cruciferous vegetables (such as broccoli and Brussels sprouts), and green tea are believed to have liver-protective properties.

## **10. Maintain a Healthy Weight:**

- If overweight or obese, focus on gradual weight loss through a combination of diet and exercise under the guidance of a healthcare professional.

Remember, it's crucial to personalize the diet plan according to individual needs and medical conditions. Regular monitoring and follow-up with a healthcare provider or dietitian are essential for managing fatty liver disease effectively.