

# Eating healthily and NAFLD - Getting started

BRITISH  
LIVER  
TRUST

Eating a well-balanced diet is one of the most important treatments for non-alcohol related fatty liver disease (NAFLD). Research shows it helps reduce the amount of fat in your liver. Liver fat causes NAFLD, so reducing it can stop your liver disease getting worse and give your liver a chance to repair some of the damage.

**Although changing habits can be hard, lots of people succeed and you can too.**

The best advice is to make small changes you can stick with. Pick one thing to change at a time. When you're used to it, add another small change. Like stepping stones, all the small changes add together to get you where you want to be.

Use these tips to get yourself off to a good start. If you are finding it difficult to make changes to your diet, ask to be referred to a dietitian with experience of treating NAFLD. They can give you personalised advice including meal plans and recipes.

**Don't beat yourself up or try to be perfect. Take it one step at a time and keep going.**

## Be a planner

Plan your meals and write a shopping list to make sure you have everything you need. A list also helps you resist offers on unhealthy foods and drinks.

## Stock up on your 5 a day

Frozen, tinned, and dried fruit and veg all count. And they're usually cheaper and easier to store than fresh produce. Watch out for added salt and sugar.

## Watch out for sugar in drinks

A can of full sugar soft drink can have 35g of sugar – that's more than the amount in 2 jam doughnuts! Cut down or have versions with no added sugar.

## Cook food with little or no added fat

Give grilling, baking, boiling, steaming and casseroles a go instead of frying or roasting. If you need to add fat, oils are usually healthier than solid fats.

## More beans, less meat

Swap some or all of the meat in a curry, chilli or pasta sauce for beans, lentils or extra veg. Making meat go further saves money too.

## Know your portions

Use scales, jugs, spoons or packet markings to help you use the right amount. Using smaller crockery and serving spoons helps control portions.

Turn over for your guide to a healthy diet



## What is a healthy balanced diet?

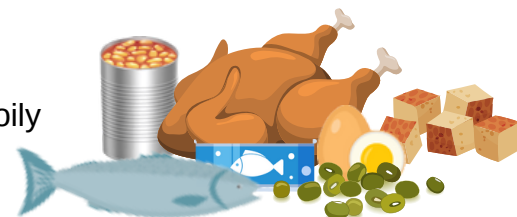
A balanced diet is a way of thinking about everything you eat and drink. You need to get the right amounts of different foods and drinks to help your body work properly and stay healthy. That means not having too much or too little of anything. **Aim to eat and drink healthily most of the time.** The big picture is more important than any one small detail. A popular example that can help improve NAFLD is a Mediterranean diet, it focuses on foods that come from plants and has less meat and dairy products.

Eat at least 5 portions of a variety of vegetables and fruits every day. One portion is roughly a handful. Include at least one portion in each meal.



Foods such as potatoes, bread, rice or pasta (carbs) should make up no more than a third of the food you eat. Brown or wholegrain versions are higher in fibre and healthier.

Eat some beans, pulses, fish, eggs, meat and other protein. If you eat fish include 2 portions every week, one of which is oily such as mackerel or sardines.



Have some dairy or vegan alternatives such as soya or nut drinks. Choose lower fat and lower sugar versions.

Choose unsaturated oils and spreads. Eat them only in small amounts as all types are high in energy (calories). Vegetable oils and spreads are usually a healthier choice.



Drink 6 to 8 cups or glasses of fluid a day. Water, lower fat milk, and sugar-free drinks including tea and coffee are all healthier choices. If you drink alcohol, do not have more than 14 units a week.

If you have processed foods and drinks that are high in fat, salt or sugar have them less often and in small amounts. They aren't needed in your diet and are linked to lots of health problems.

**Watch out for products with red traffic lights on the label.**



To read or download our other information on NAFLD, scan the code with your phone or visit [www.britishlivertrust.org.uk/naflid](http://www.britishlivertrust.org.uk/naflid)

