



FATTY LIVER

WHAT IS FATTY LIVER?

Fatty liver disease means you have a build up of excess fat in the liver . Fatty liver can lead to liver damage over time if lifestyle habits don't change. Fatty liver is common in those with obesity, Type 2 diabetes, high cholesterol, and high blood pressure.

THE GOOD NEWS

You can often prevent or even reverse fatty liver with lifestyle changes. The main causes of fatty liver disease include heavy alcohol consumption, eating too much sugar and flour products, eating a lot of processed and fast food, smoking, and lack of exercise . Support your liver health by making simple changes listed below.

AVOID/ REDUCE THESE FOODS

- **Refined Vegetable oils:** canola, soybean, pam, mazola, sunflower, etc.
 - These oils are often hidden in processed foods. Read ingredients and avoid.
- **Fried Foods:** fries, chips, fried chicken, tostadas
- **Processed foods:** fast food, frozen meals, snack foods, artificial colors and sugars, preservatives, deli meat, sausages, chorizo, etc.
- **Sugar:** sweet drinks, pastries, ice cream, sweetened yogurt and oatmeal, artificial sugar
- **White flour:** bread, pasta, flour tortilla, pastries, pizza, burritos, burgers.
- **Alcohol:** beer, wine, seltzers, liquor

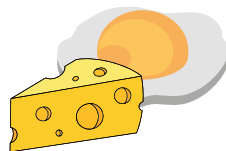
THERAPEUTIC FOODS

- **Healthy Fats:** olive oil, avocado, avocado oil salmon, nuts, seeds, coconut
- **Cruciferous veggies:** broccoli, sprouts, cabbage, asparagus, Brussels Sprouts, kale, bok choy
 - Eat at least 1 cup daily
- **Colorful plants:** berries, vegetables, sweet potatoes, green tea, cacao powder, herbs, spices
- **Leafy Greens:** kale, arugula, spinach, mixed greens
 - Eat at least 1 cup daily
- **Fiber:** whole fruit, vegetables, nuts, seeds, whole grains, beans, lentils (25-35g/day)
- **Protein** at each meal to support balanced blood sugar: eggs, chicken, fish, unsweetened yogurt or cottage cheese, beans, lentils, tofu, tempeh.

LIFESTYLE HABITS



Move your body for at least 30min/day. Walk, lift weights, do yoga, dance, anything to move!



If possible , choose organic for animal meat and dairy products.



Reduce toxin exposure by reducing plastic use, harsh chemicals, and teflon cooking pans.



Prioritize cooking methods like steaming and stewing. Reduce dry, high-heat methods like grilling and deep frying.