

Non-alcoholic fatty liver disease NAFLD (recently renamed as metabolic dysfunction-associated steatotic liver disease, MASLD) & non-alcoholic steatohepatitis NASH

DIET information sheet

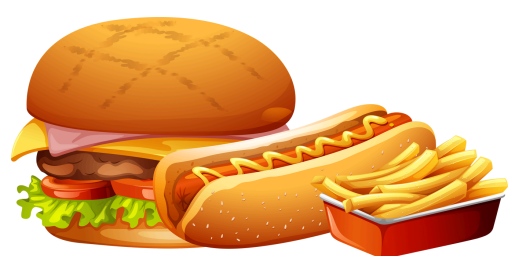
Your liver is a master organ in your body. Daily it performs over 500 functions and it is critical for your metabolism. Your liver regulates the metabolism of carbohydrates, proteins and fats, it makes and breaks down many hormones (such as testosterone and estrogens), it produces and regulates cholesterol. It makes sense of vitamins and minerals and becomes a storing point for many of them. Your liver can be damaged by 75% and not show any signs.

It is estimated that one in 5 people in the UK have NAFLD. It is a long-lasting liver condition caused by having too much fat in the liver. Some people with NAFLD will go on to develop NASH - an inflammatory progression from NAFLD characterised by liver scarring or fibrosis.

The best dietary approach to prevent liver problems is to eat the Mediterranean diet.



To restore your liver health and prevent inflammation and liver damage, cut down or completely remove the following foods:

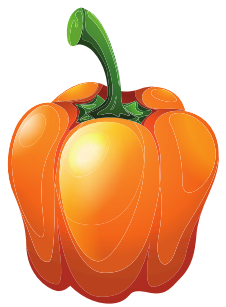


1. Foods high in added sugar - pastries, biscuits, cakes, muffins, tarts, donuts, sweets, chocolate, fizzy drinks, diet soft drinks, fruit juices, jams, marmalades, honey.
2. Foods high in trans fats and vegetable oils - readymade meals, take-away meals, breaded fish/chicken, deli meats (e.g. salami, sausages, cured meats), French fries, crisps, supermarket bought pies or pasties, takeaway pizzas, burgers.
3. Fructose-added foods: look out for foods with added high fructose corn syrup (HFCS), and also sorbitol, xylitol.
4. Alcohol

Foods to include to support your liver:

Your liver needs a wide range of antioxidants in order to carry out its daily functions. Antioxidants are vitamins and minerals that are abundant in vegetables and fruit.

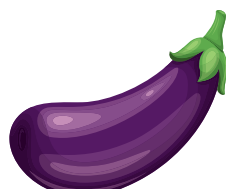
1. Increase the colours in your diet - eat all colours of vegetables and fruit



Eat **orange-coloured** vegetables and fruit: butternut squash, orange peppers, carrots, sweet potatoes, apricots, oranges, etc.



Eat **red-coloured** vegetables and fruit: tomatoes, radishes, peppers, red onions, apples, raspberries, cherries, etc.



Eat **purple-coloured** vegetables and fruit: red cabbage, aubergine, figs, grapes, blueberries, etc.



Eat **yellow-coloured** vegetables and fruit: yums, ginger, swede, peaches, melon, papaya, etc.

2. **Make a special focus on green leafy vegetables** - these produce anti-inflammatory short-chain fatty acids (SCFAs) that reduce inflammation in the body. Aim to eat 1-2 portions per day - broccoli, cauliflower, spinach, Bok choy, Brussels sprouts, rocket, watercress, lambs' lettuce, chard, cabbage (any type).



3. **Reduce frying**, switch to other methods of food preparation - baking, roasting, steaming, eating raw.

4. Eat a good selection of both **soluble and insoluble fibre** - add a variety of grains (quinoa, buckwheat, pearl barley, brown and wild rice, spelt, etc.) and also a variety of lentils and beans.

5. Drink **2- 3 Litres of water** per day. Avoid squash and artificially sweetened drinks.