TuSalud

What’s the best diet for people with fatty liver disease?

March 12, 2019 By Lucinda K. Porter RN

Non-alcoholic fatty liver disease (NAFLD) and non-alcoholic steatohepatitis (NASH) are caused by excess fat in the liver. NASH is the more serious form. NAFLD and NASH are associated with consuming foods that are high in fat, cholesterol and sugar.

Recent studies reported significant improvement in NASH-related liver damage to those consuming a Mediterranean diet. This diet includes a variety of fruits, vegetables, whole grains, beans, fish and healthy fats. Losing weight and regular exercise also helped to reduce liver damage.

Learn more about the Mediterranean diet and healthy eating this March during National Nutrition Month.

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