

Fatty Liver Food List Sample

FREE

A one page taste of the full printable: everyday foods from the Choose often lane, grouped the way you shop. Fatty liver disease is also called NAFLD or MASLD.

HOW TO READ THE CHART

● Choose often

The base of the pattern: vegetables, fruit, whole grains, beans, fish, nuts, olive oil and water.

● Limit

Keep these small or occasional, such as red meat, butter, cheese and white bread.

● Choose less often

Sugary drinks, fried foods, chips, cookies and candy.

SAMPLE: CHOOSE OFTEN FOODS

VEGETABLES

Choose often

- Vegetables of all kinds
- Cucumbers (water-rich)

FRUIT

Choose often

- Whole fruits and berries
- Melons: watermelon, cantaloupe, honeydew
- Peaches and kiwi

GRAINS AND BEANS

Choose often

- Whole grains
- Whole grain breads, rice and cereals
- Beans and legumes

PROTEIN

Choose often

- Fish: salmon, tuna, sardines, mackerel
- Poultry without the skin
- Eggs, beans and lentils

FATS AND OILS

Choose often

- Olive oil and olives
- Avocados
- Nuts, including walnuts

DAIRY AND DRINKS

Choose often

- Low-fat or fat-free milk and dairy
- Water and sparkling water
- Fruit-infused water

This sample is abridged. Food placements in the full list come from the American Liver Foundation (ALF), NIDDK and AASLD, with source links on its sources page. Portions and fit depend on your own plan, so ask your doctor or a registered dietitian.

Want the full printable?

The full Fatty Liver Food List is 8 pages: all three lanes for every food group, a drinks and alcohol guide, plate ideas, a grocery list, sources and a bonus wall chart.

Food List: etsy.com/listing/4559295650

Shop: etsy.com/shop/UtilityForgeStudio

Get the full Food List on Etsy

Visit Utility Forge Studio