

# Diet and Fatty Liver Disease

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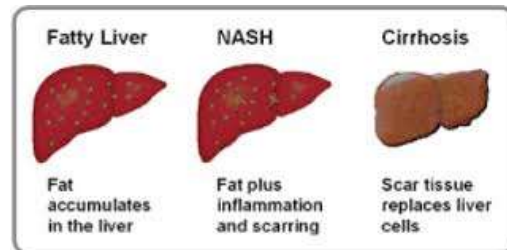
## Fatty Liver Disease

Importance of liver health and liver functions of digestion

Nutrition tips for a healthy liver

Foods that cause Fatty Liver

What foods to eat to with Fatty Liver Disease



## Liver Function

Removes toxicants from the body

Metabolizes / Digests protein, carbohydrates, and fat

Glycogen Storage

Controls / Regulates neuro-hormonal mechanisms



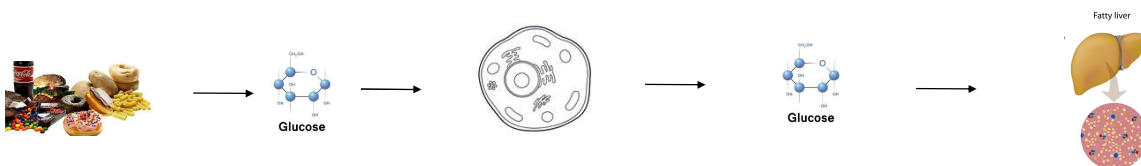
## How does diet effect/cause Fatty Liver?

All carbohydrates are broken down into glucose

Glucose travels through the blood stream and delivers energy to our cells

If the cells do not need energy the glucose molecule is sent back to the liver for storage. If our glycogen stores are full it will be converted to fat or triglycerides

The fats or triglycerides will then travel through the blood stream and attach to organs like the liver



## Nutrition Tips for Fatty Liver

### Where should I start?

- Decrease your sugar and carbohydrate intake
- No soda, fruit juice, sports drink, energy drinks, sweetened coffee drinks
- Watch your carbohydrate portions-
  - Change all carbs to whole grain– rice, pasta, breads
  - Watch your portion sizes – only one serving of carbohydrate rich foods per meal
    - Portion Size only ½ - 1 cup
- Choose Healthy Fats
  - No fried foods
  - Add healthy fats to meals – avocado, olive oil, fish
  - Do NOT cook with lard, butter, hydrogenated oils

## Foods that Cause Fatty Liver

### Sugar

- Sugar is hidden in a lot of foods, especially processed foods

### High Fat

- All fried foods, foods soaked in oil or butter

### Fast Foods

- Full of fat and sugars, highly processed

### Large portions – especially carbohydrates

- Meals are sometimes all carbs
  - Large bowls of cereal; tortilla, beans, and rice; pasta and bread

### Alcohol



## What should I eat?



Add fruits and vegetables to all meals

Focus on healthy proteins

- Lean cuts of beef, chicken, fish, and pork
- No processed meats

Make all carbohydrates whole grain

- Brown Rice
- Whole Wheat Pasta

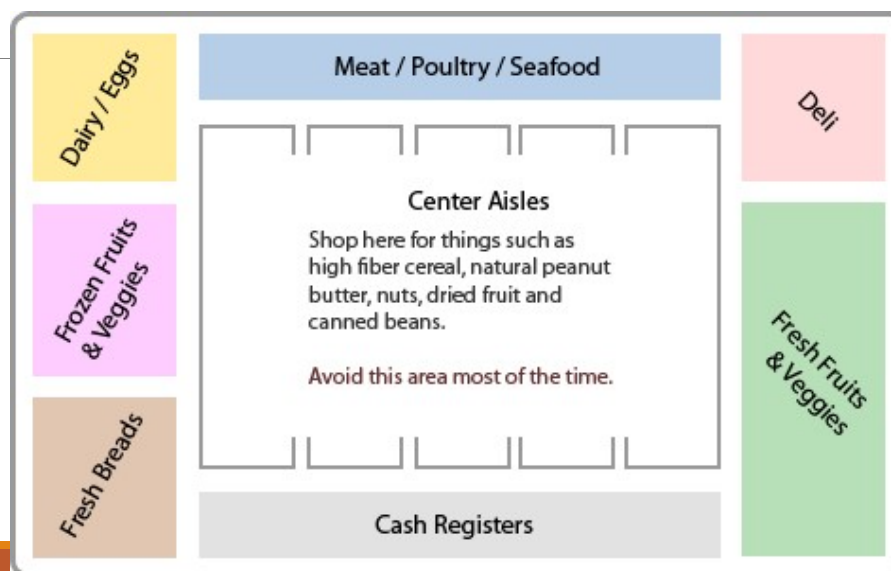


Add yogurt to your diet

Coffee – no creamer or sugar



## How to Shop



# Reading Food Labels

Always check the ingredient on the label

Look for foods with less than 5 ingredients or all real food ingredients

Stay away from added fats and sugars

Sample label for Macaroni & Cheese

**1 Start Here** →

**2 Check Calories**

**3 Limit these Nutrients**

**4 Get Enough of these Nutrients**

**5 Footnote**

**6 Quick Guide to % DV**

- 5% or less is Low
- 20% or more is High

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
<b>Calories 250</b>	Calories from Fat 110
% Daily Value*	
<b>Total Fat 12g</b>	<b>18%</b>
Saturated Fat 3g	15%
Trans Fat 3g	
<b>Cholesterol 30mg</b>	<b>10%</b>
<b>Sodium 470mg</b>	<b>20%</b>
<b>Total Carbohydrate 31g</b>	<b>10%</b>
Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein 5g</b>	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

\*Percent Daily Values are based on a diet of other people's misdeeds.  
Your Daily Values may be higher or lower depending on your calorie needs.

	Calories 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

# Ingredients

**INGREDIENTS:** MILLED CORN, SUGAR, CORN SYRUP, MOLASSES, SALT, PARTIALLY HYDROGENATED VEGETABLE OIL (ONE OR MORE OF: COCONUT, COTTONSEED, AND SOYBEAN)\*\*\*, SODIUM ASCORBATE AND ASCORBIC ACID (VITAMIN C), NIACINAMIDE, ZINC OXIDE, REDUCED IRON, WHEAT STARCH, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), THIAMIN HYDROCHLORIDE (VITAMIN B1), VITAMIN A PALMITATE, BHT (PRESERVATIVE), ANNATTO COLOR, FOLIC ACID, VITAMIN D AND VITAMIN B12.  
\*\*\* ADDS A NEGLIGIBLE AMOUNT OF FAT. LESS THAN 0.5g TRANS FAT PER SERVING.

**Ingredients:** Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, and Folic Acid), Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Flamin' Hot Limon Seasoning (Salt, Sugar, Monosodium Glutamate, Yeast Extract, Citric Acid, Artificial Color [Red 40 Lake, Yellow 6 Lake, Yellow 6, Yellow 5], Corn Syrup Solids, Hydrolyzed Corn Protein, Cheddar Cheese [Milk, Cheese Cultures, Salt, Enzymes], Sunflower Oil, Onion Powder, Whey, Lime Juice, Maltodextrin [Made From Corn], Whey Protein Concentrate, Garlic Powder, Natural Flavor, Buttermilk, Sodium Diacetate, Disodium Inosinate, and Disodium Guanylate).  
**CONTAINS MILK INGREDIENTS.**

**Nutrition Facts**  
Serving Size 1 container (150g)

**Amount Per Serving**

**Calories 100** Calories from Fat 0

**% Daily Value\***

**Total Fat 0g** **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol 0mg** **0%**

**Sodium 60mg** **2%**

**Total Carbohydrate 11g** **4%**

Dietary Fiber 0g **0%**

Sugars 9g

**Protein 14g**

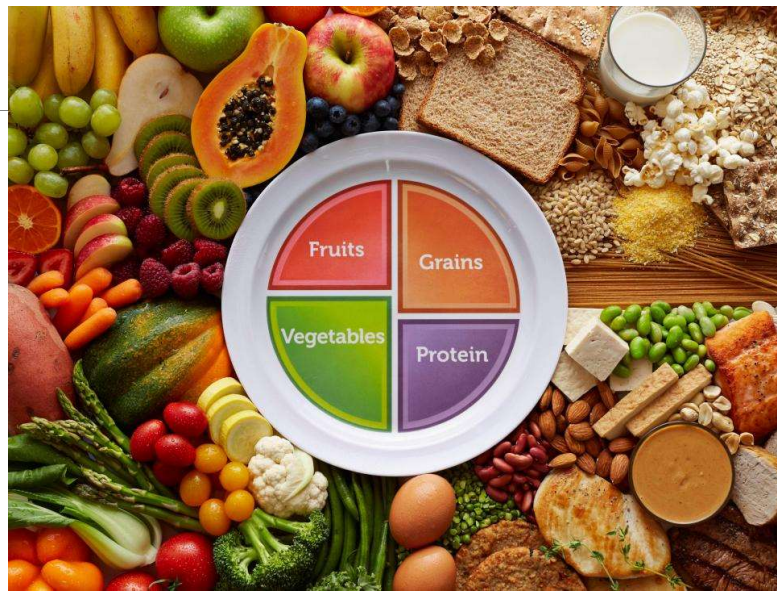
Vitamin A 0% • Vitamin C 0%

Calcium 17% • Iron 0%

\*Percent Daily Values are based on a diet of other people's misdeeds.

**INGREDIENTS:** Skim Milk, Agave Nectar, Madagascar Bourbon Vanilla, Live Active Cultures, Vegetable Rennet

**LIVE CULTURES:** B. Lactis, L. Acidophilus, L. Delbrueckiae Subsp. Bulgaricus, L. Delbrueckiae Subsp. Lactis, S. Thermophilus



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How do we make the foods we love healthier?

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Questions?

