Diet and Fatty Liver Disease

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CRMC LIVER EXPO 2019

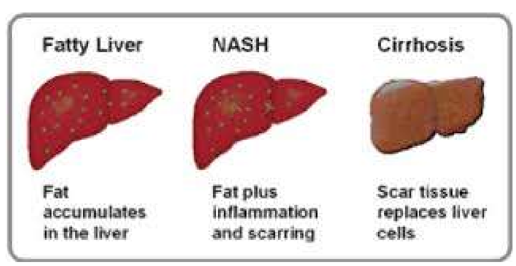
Fatty Liver Disease

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

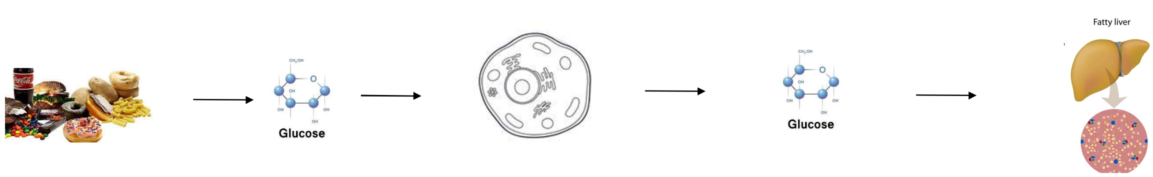
How does diet effect/cause Fatty Liver?

All carbohydrates are broken down into glucose

Glucose travels though 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 though 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

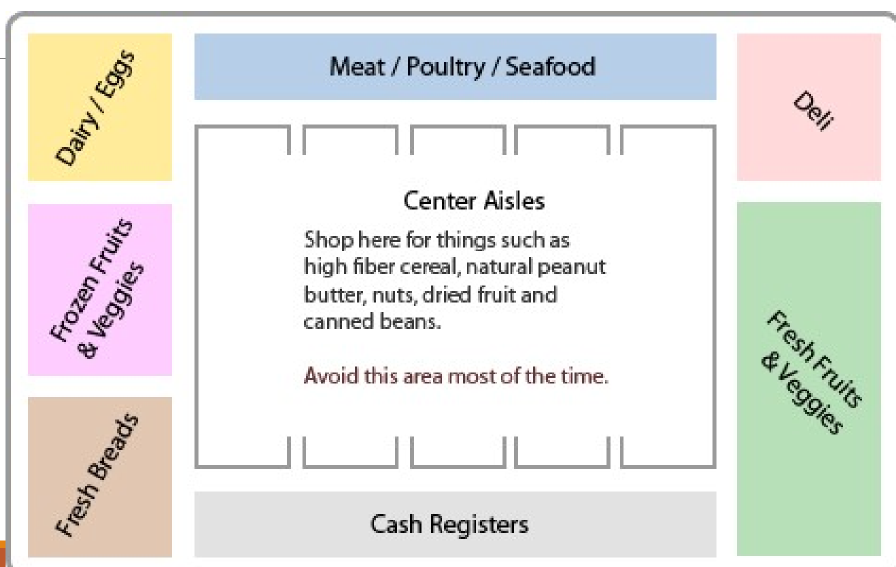
Focus on healthy proteins
- Lean cuts of beef, chicken, fish, and pork
- No processed meats

Make all carbohydrates whole grain
- Brown Rice
- Whole Wheat Pasta

Add yogurt to your diet

Coffee – no creamer or sugar

How to Shop

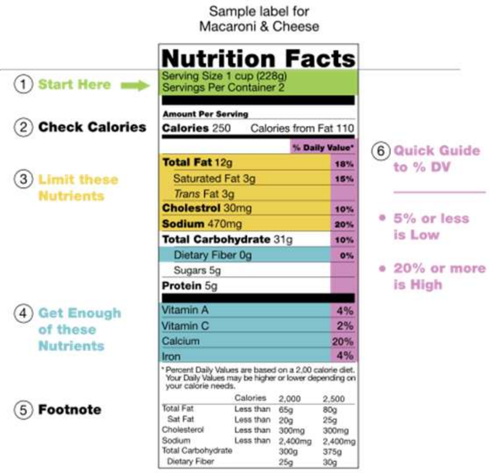


Reading Food Labels

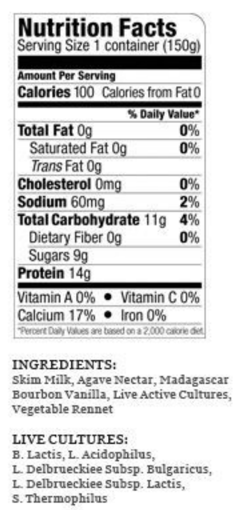
Always check the ingredient on the label

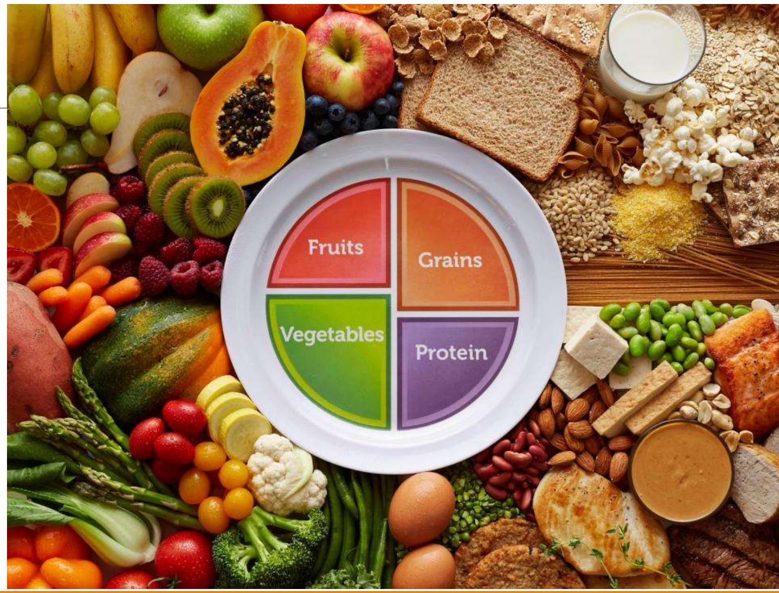
Look for foods with less than 5 ingredients or all real food ingredients

Stay away from added fats and sugars



Ingredients





How do we make the foods we love healthier?

Questions?