



LIVING WITH METABOLIC-ASSOCIATED FATTY LIVER DISEASE

DIET TIPS & GUIDANCE

Metabolic-associated fatty liver disease (MAFLD) is the most common cause of chronic liver disease in the world, affecting over 30% of the world's population. It is caused from excess fat in the bloodstream.

The body will then begin to store it in the liver cells. This can lead to inflammation of the liver (steatohepatitis).

There is a strong link between MAFLD and cardiovascular disease (heart attack, stroke, congestive heart failure, peripheral arterial disease).

CAUSES AND CONTRIBUTING FACTORS:

1. Obesity (BMI > 30)
2. Lack of exercise/physical activity
3. High calorie diet (particularly carbohydrate rich diet)
4. Hypertension (high blood pressure)
5. Hyperlipidemia (high cholesterol)
6. Type 2 diabetes

TREATMENTS:

Lifestyle Changes & Interventions

- Weight loss (goal = lose 5-10% of total body weight)
- Caloric restricted diet (1500-1800 calories/day for men, 1200-1500 calories/day for women)
- Avoid/minimize alcohol
- Exercise: 30-60 minutes/day at least 5 days per week
- Control diabetes, high cholesterol and high blood pressure

Medications

- There are a few medications that have been shown to help with weight loss and insulin resistance
- Weight loss/bariatric surgery (for appropriate candidates)



WHAT CAN I EAT ON A MAFLD DIET?

FRUITS & VEGETABLES

- Goal of 4-5 servings
- Limit starchy vegetables

OMEGA 3 RICH FOODS

- Fish
- Nuts
- Flaxseed

MONOUNSATURATED FATS

- Olives & avocados

WHOLE GRAINS

- Quinoa
- Brown rice

WATER, UNSWEETENED TEA & BLACK COFFEE

FOODS TO LIMIT OR AVOID

- **Meats:** red meat, processed meats
- **Dairy:** full fat cheeses and dairy, cream cheese, ice cream, sour cream, flavored creamers, butter, yogurt that is not fat-free or low fat
- **High glycemic index foods:** baked goods, high sugar drinks, food/drinks with high fructose corn syrup, white bread, white rice, potatoes, granola bars, cereal and cereal bars, jams/jelly
- **High fat foods:** fried foods, fast food, store bought salad dressings, mayonnaise,

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