



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)
- Calorie 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)

## NEED MORE HELP?

Schedule your appointment today.

 715.847.2558

 [giassoc.org](http://giassoc.org)

### WHAT CAN I EAT ON A MAFLD DIET?

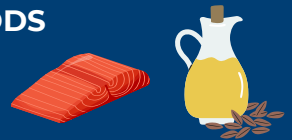
#### FRUITS AND VEGETABLES

- Goal of 4-5 servings per day
- Limit starchy vegetables



#### OMEGA-3 RICH FOODS

- Fish
- Nuts
- Flaxseed



#### MONOUNSATURATED FATS

- Olives
- Avocados



#### WHOLE GRAINS

- Quinoa
- Brown rice



#### WATER, UNSWEETENED TEA AND 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.