

Lifestyle and Dietary Recommendations for Fatty Liver Disease

EXERCISE 30 MINUTES EVERYDAY

- Aerobic exercise (not weight lifting)
- If you have a heart condition, see your PCP or heart doctor before starting a new routine

EAT SMALLER PORTIONS

EAT ONLY WHEN AT THE DINNER TABLE

FOODS TO AVOID:

- Alcohol
- Fatty foods
- Starches: Potatoes, rice, bread, bagels, donuts, croissants, others
- Desserts
- Candy
- Ice cream
- Red meats
- Pre-prepared salad dressings and dips

FOODS THAT ARE PREFERRED:

- Fish
- Chicken
- Turkey
- Pork
- Vegetables
- Fruits
- Oil and vinegar