

NON-ALCOHOLIC FATTY LIVER DISEASE & THE Mediterranean Diet

What is Non-Alcoholic Fatty Liver Disease (NAFLD)?

A condition in which fatty deposits develop on your liver, found by an imaging study (e.g., ultrasound or CT scan) or a liver biopsy.

To be classified as NAFLD, you must drink less than 21 drinks of alcohol per week if you're a man, and less than 14 if you're a woman. This is to confirm that alcohol consumption is not likely the cause of the fatty deposits.

NAFLD is an increasingly common problem, estimated to affect 20% of people worldwide.



The most common risk factors are

- ✓ obesity
- ✓ type 2 diabetes
- ✓ high blood lipids.

Making the **right dietary choices** in combination with **weight loss** can help reverse NAFLD.

What is the best diet for NAFLD?

► Many diets have been studied, but the **Mediterranean diet**, which consists of the foods and cooking styles commonly eaten in the countries that surround the Mediterranean Sea, has the most evidence of working.

This diet mainly consists of:



Monounsaturated fats (good fats) like olive or canola oil instead of saturated fats (bad fats) found in butter and lard;



Fish and poultry, limiting processed meat and red meat consumption;



Plant-based foods including fresh fruits and vegetables, whole grains, legumes (beans, peas, lentils and peanuts), and nuts;



Red wine in moderation (one glass per day.) Dietary guidelines caution against beginning to drink or drinking more often on the basis of potential health benefits.

► If you have NAFLD, **losing 10% of your total body weight** has been shown to drastically decrease the amount of fat on your liver.



► Finding the right dietary plan can be tricky and needs to be individualized for each person. That's why we recommend contacting a dietitian or nutritionist to help you and your doctor determine your personalized plan.

