

wellness & lifestyle

essential guide for adults
living with **non-alcoholic**
fatty liver disease

 **meijer**
specialty pharmacy

 **HEALTHIER**
 **YOU** 



non-alcoholic fatty liver disease

Nonalcoholic fatty liver disease (NAFLD) is a condition in which fat builds up in your liver. Nonalcoholic steatohepatitis (NASH) is a type of NAFLD. If you have NASH, you have inflammation and liver cell damage, along with fat in your liver.

Usually NAFLD and NASH cause few or no symptoms. Certain health conditions, including obesity, metabolic syndrome, and type 2 diabetes, make you more likely to develop NAFLD and NASH.

If you've recently been diagnosed with NAFLD or NASH, you're not alone. The National Institute of Diabetes and Digestive and Kidney Diseases estimates that about 12 to 25% of people in the United States have NAFLD, while NASH affects between 2 and 12%.¹

At Meijer Specialty Pharmacy we believe that lifestyle changes, including diet and exercise, are key components of overall health and managing NAFLD and NASH. Get ready to feel more confident as you pursue your wellness goals, because this booklet is your resource to helping you balance your dietary needs with the demands of real life.

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1. "Nonalcoholic Fatty Liver Disease & NASH." National Institute of Diabetes and Digestive and Kidney Diseases, U.S. Department of Health and Human Services, www.niddk.nih.gov/health-information/liver-disease/nafl-d-nash.

achieving a healthy weight

It's no secret that being at a healthy weight can make you feel better and improve your overall well-being.

Maintaining or achieving a healthy weight is even more important for people living with NAFLD and NASH, as sustained weight loss is the most effective treatment. Even a 5-7% weight loss can lead to major health benefits.²

Take a look at these helpful tips to reach a healthier weight:

Build Awareness

Keep a food journal and write down the amount you eat and drink.

Step on the Scale

Weigh yourself at least once a week to help you stay on track.

Keep Moving

Try to do a little (or a lot!) more activity than your body is used to. Aim for 30 minutes of moderate physical activity most days of the week along with two days of resistance/weight training. Talk with your doctor before starting any exercise plan.

Drink More Water

Try to consume half of your body weight in ounces of water per day (ex: 200 lbs. = 100 oz of water). Carry a reusable water bottle with you throughout the day to easily reach your goal.

Use a Hunger Scale

Rate your hunger on a 1-10 scale. Eat when you're at a 3-4 and stop when you're at a 7-8. This can help you from becoming too hungry or too full. It also gives you a moment to pause to see if you're truly hungry or if you're eating for other reasons.

2. McCarthy, Erin. "Nonalcoholic Fatty Liver Disease." Today's Dietitian, 2014; 16(1): 48-54.

Choose Whole Foods

Whole foods are foods that have had little to no processing, including fruits, vegetables, whole grains, lean protein foods, and low-fat dairy products.

Increase Your Fiber

Fiber can help you to feel full. Choose fiber-rich foods like fruits and vegetables, beans, and whole grains, like oatmeal or whole wheat bread.

Eat Less Sugar

Sugary foods add a lot of calories to your diet without adding many nutrients.

Make a Meal Plan and Shop With a List

You're much less likely to toss unhealthy foods into your cart if they're not on your shopping list. And never shop hungry!

Read Labels

Carefully read food labels and pay attention to serving size.

Slow Down!

It takes about 15 minutes for our stomach to tell our brain that we have had enough to eat. Give your brain time to receive the message by slowing down.

Some techniques include:

- Eating with your non-dominant hand
- Putting your fork down between each bite
- Sipping water between bites
- Chewing each bite of food more thoroughly
- Eating with chopsticks

Eat Breakfast

Eating a healthy breakfast can help prevent overeating later in the day.

Sleep

Too little sleep can disrupt metabolism and contribute to weight gain. Aim for 7-9 hours of sleep each night.

Stay on Schedule

Eat regularly throughout the day, including 3 meals and 1-2 snacks.

Portion Control

Keep serving sizes in check. Use measuring cups and spoons to help you learn what an appropriate portion looks like.

eat this, not that.

When it comes to managing your NAFLD (nonalcoholic fatty liver disease), one of the main ways to treat it is through your diet.

Just as there are many foods you should include in your diet, there are also those you should avoid. Reference the table below for a list of foods to include, and not to include in your diet.³

Group	Eat This	Not That
Fruits	<ul style="list-style-type: none">• Canned fruit packed in water• Dried fruit, no sugar added• Fresh fruit• Frozen fruit, no sugar added	<ul style="list-style-type: none">• Canned or frozen fruit packed in syrup• Dried fruit with sugar added
Vegetables	<ul style="list-style-type: none">• Beans, lentils and peas• Cruciferous vegetables (broccoli, brussels sprouts, cauliflower, etc.)• Dark leafy green vegetables• Fresh herbs• Fresh salsa• Frozen vegetables without added butter or sauces• Low-sodium canned vegetables• Other (celery, cucumber, green beans, peppers, mushrooms, onions, squash, zucchini, etc.)• Red and orange vegetables	<ul style="list-style-type: none">• Deep fried vegetables• Frozen vegetables with added butter or sauces• Full-sodium canned vegetables

3. "NASH Patients: Add These Foods to Your Diet." Mayo Clinic, Mayo Foundation for Medical Education and Research, 3 Nov. 2016, www.connect.mayoclinic.org/page/transplant/newsfeed/nash-patients-add-these-foods-to-your-diet/.

Group	Eat This	Not That
Grains/Starches	<ul style="list-style-type: none"> • Amaranth • Barley • Brown rice • Buckwheat • Old fashioned oatmeal • Quinoa • Sorghum • Wheat berries • Whole grain bread • Whole grain pasta • Whole grain, high-fiber cereals • Wild rice 	<ul style="list-style-type: none"> • White rice • Refined white flour products - bread, bagels, rolls, crackers, cereals, pasta
Protein	<ul style="list-style-type: none"> • Beans • Eggs • Fish • Poultry • Shellfish • Tempeh • Tofu 	<ul style="list-style-type: none"> • Processed and smoked meats (deli meats, jerky, hotdogs, sausages, and bratwurst) • Fried meats • High-fat meats, particularly red meat
Dairy	<ul style="list-style-type: none"> • Low-fat dairy (milk, yogurt, cheese, kefir) • Low-fat cottage cheese • Plant-based milks (almond, cashew, coconut, soy) • Plant-based milk alternative yogurts (almond, soy, coconut) 	<ul style="list-style-type: none"> • Full-fat dairy (cream, half and half, sour cream, ice cream) • Butter
Nuts, Seeds, Oils	<ul style="list-style-type: none"> • Canola oil • Extra-virgin olive oil • Plain seeds • Plain, whole nuts 	<ul style="list-style-type: none"> • Corn oil • Salted or sugar-coated nuts and seeds • Soybean oil • Sunflower oil
Beverages	<ul style="list-style-type: none"> • Coffee • Kombucha (fermented tea) • Naturally flavored sparkling water • Tea • Water 	<ul style="list-style-type: none"> • Alcohol • Fruit drinks • Sports drinks • Sugar-sweetened beverages

Cinnamon Apple Overnight Oats

Flavors of cinnamon and apple blend together to create a rich smelling breakfast treat!

5 Mins
Prep Time

8 Hrs
Cook Time

1
Serving



260 Calories 5g Fat 51g Carbs 7g Protein Allergens: Dairy, Nuts

Allergen Swap: **Dairy:** Dairy-Free Yogurt (soy, coconut, nut milk) • **Nut:** Omit the almond milk; substitute for soy, rice, or cow's milk

ingredients

½ Cup Old-Fashioned Oats

½ Cup Vanilla Almond Milk, unsweetened

¼ Cup Vanilla, Non-fat Yogurt

½ Cup Apple, peeled and chopped

⅛ Tsp Ground Cinnamon

1 Tsp Honey

what you'll need

Measuring Cups

Measuring Spoons

Spoon

Small Serving Bowl or Container

instructions

1. Combine Ingredients

Add all ingredients except the apple and yogurt to a bowl or container of choice. Stir, cover and place in the fridge.

2. Chill & Enjoy!

Several hours later, or in the morning, stir in the chopped apple and yogurt. Enjoy!

Nourishment Note!



Oats

Old fashioned oats are an excellent source of cholesterol-lowering soluble fiber.



Apples

Apples provide healthy, soluble fiber important for gut health and satiety.



Cinnamon

Cinnamon may be beneficial for lowering inflammation in the body.

Recipe credited from quakeroats.com

we're here for you.

If you have questions regarding NAFLD/NASH,
please email our registered dietitians at:
MSP.Dietitians@Meijer.com



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