



Weight Loss and Weight Management

Calories count for weight loss.

Calorie intake should be 1500-1800 calories per day if you weigh more than 250 lbs.

Calorie intake should be 1200-1500 calories per day if you weigh less than 250 lbs.

Decrease calorie intake about 250-500 calories per day

Track calories daily: www.myfitnesspal.com

Healthy fats

Monounsaturated and polyunsaturated fatty acid

Eat fresh fish at least two times each week

Oily fish (salmon, tuna, mackerel and sardines) are good choices

One serving = one teaspoon of olive, flaxseed, avocado or grape seed oil

One quarter cup, or one ounce of nuts,

One tablespoon of nut butter, one quarter cup, or one ounce, of nuts, avocado, olives or Smart Butter®

Simple sugars to limit or avoid

Avoid high-fructose corn syrup, simple sugars, brown sugar, honey, agave, malt sugar, cane sugar, Sugar in the Raw®, coconut sugar, ingredients ending in "ose," white sugar, syrups and fruit juice concentrates

Aim for less than 30 grams added sugar per day

Avoid candy, packaged snacks, cookies, juice, pop, syrups and sauces

Add more vegetable protein and lean protein

Vegetable protein is overall better for your liver

At least two times a week, try to add unsweetened soy milk, tofu, edamame, tempeh, seitan, beans, lentils, legumes and beans to your diet

Activity

At least 30 minutes daily activity for health

60-90 minutes, five days a week for weight loss

Aerobic (endurance) and resistance (strength) training are both great

Alcohol

Up to one drink per day for women, and up to two drinks per day for men

One drink = 12 ounces beer, 5 ounces wine or 1.5 ounces hard liquor

NO alcohol if you have cirrhosis or significant fibrosis (liver scarring) without cirrhosis

Alcohol intake should be reviewed on an individual basis and discussed with your physician

Food labels and calorie counting: Know what you are eating!

- Read food labels to find out the nutritional value of your food.
- Make sure you look at the *calories per serving* and then compare it to the amount you are eating.
- Go to www.myfitnesspal.com to track your calories and nutrients daily!

1 Start here →

2 Check calories

3 Limit these nutrients

4 Get enough of these nutrients

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
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Amount Per Serving			
Calories 260		Calories from Fat 120	
<hr/>			
		% Daily Value*	
Total Fat	13g		20%
	Saturated Fat 5g		25%
	<i>Trans</i> Fat 2g		
Cholesterol	30mg		10%
Sodium	660mg		28%
Total Carbohydrates	31g		10%
	Dietary Fiber 0g		0%
	Sugars 5g		
Protein	5g		
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Vitamin A	4%	•	Vitamin C 2%
Calcium	15%	•	Iron 4%
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*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calories needs:			
	Calories:	2,000	2,500
<hr/>			
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



Sample menus for 1400-calorie diet

Sample Menu One

Breakfast	Snack	Lunch	Snack	Dinner	Bedtime snack
1 cup oatmeal Cinnamon ½ cup unsweetened milk 1 cup berries 5-6 walnuts	6 ounces plain Greek yogurt (with vanilla extract) ½ cup Fiber One cereal	1 cup lentil soup 2 tablespoons hummus with 1 cup carrots and celery 1 cup snap peas, tomato or raw veggie mix	1 Kashi® bar 1 light string cheese	4 ounces baked fish with lemon ½ sweet potato 1 cup stir-fry vegetables Broccoli, spinach, 1 teaspoon Smart Balance® spread	½ cup fresh fruit ½ cup frozen strawberries + 2 tablespoons Tru Whip®

Nutrition: 1400 calories, 185g carbs, 82g protein, 1195mg sodium, 50g sugar, 49g fiber

Sample Menu Two

Breakfast	Snack	Lunch	Snack	Dinner
1 whole grain English muffin 1 tablespoon nut butter 2 eggs	20 almonds (1/4 cup) 2 mandarin or clementine oranges	3-4 ounces tofu or tuna 1 flat bread wrap or sandwich thin with ½ avocado Mustard Tomato cucumber salad with 1 tablespoon avocado oil and balsamic vinegar	Premier Protein®, Pure Protein® shake or 100% whey protein powder mixed with water or milk	Frozen meal (Lean Cuisine®, Amy's® or Kashi®) 1 apple 1 cup vegetables with 1 tablespoon avocado oil

Nutrition: 1360 calories, 152g carbs, 55g fat, 90g protein, 1,510g sodium, 4 g sugar, 39g fiber

Recommended foods for people with fatty liver disease

Food Group	Healthy Foods to Include:	Foods to Avoid:
Vegetables	Fresh vegetables Frozen vegetables Vegetable soups	Fried vegetables Vegetables with butter, cheese or cream sauce
Fruits	Fresh fruit Frozen fruit	Dried fruits Fruits served with dairy Canned fruit in syrup
Grains	Whole grain breads and cereals, including: oats and barley, whole wheat pasta, brown rice, low-fat whole grain crackers, quinoa, bulgur, barley, amaranth, farro, spelt	High-fat bakery products: doughnuts, biscuits, croissants, pastries, pies, cookies, muffins, scones Foods with partially hydrogenated oils: chips, cheese puffs, snack mixes, regular crackers, buttered popcorn White, enriched foods (white breads, pasta, rice)
Dairy	Unsweetened milk Unsweetened soy or almond milk Plain Greek yogurt Low-fat cottage cheese Low-fat cheese	Whole milk Ice cream Cream, half and half, cream cheese, whole milk cheese Sour cream Sweetened dairy Sweet, fruited yogurt
Meat and othe protein foods	Meat alternatives made with soy or textured vegetable protein: Tofu, tempeh, seitan Eggs, egg whites Fish, shrimp, scallops Dried beans, peas, lentils, edamame Lean cuts of beef: Rounds, top loin, sirloin, chuck shoulder and arm roasts Skinless poultry (chicken breast, turkey) Lean ground meat Venison	Higher-fat cuts of meat: Ribs, T-bone, steak, regular hamburger Bacon Sausage Cold cuts Corned beef Fried meat, poultry and fish Hot dogs Organ meats Poultry with skin Fried eggs
Fats and oils	Unsaturated oils (olive, canola, soy) Vegetable oil spreads (Promise®, Smart Balance®) Avocados Nuts and nut butters	Butter, margarine Shortening Cream dressings or soups Partially hydrogenated oils (trans fats) Tropical oils (coconut, palm and palm kernel oil)
Beverages	Water Non-caloric beverages (Crystal Light®, La Croix®, sparkling water, flavored water) Unsweetened tea	Regular sodas Sweetened beverages, sweet tea Fruit juices, fruit punch, lemonade, sports drinks *Beverages containing high-fructose corn syrup, simple sugar, honey, agave, cane sugar, brown sugar, table sugar or any ingredient ending in "ose"

