



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 | | | |
| <hr/> | | | |
| 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 | | |
| <hr/> | | | |
| Vitamin A | 4% | • | Vitamin C 2% |
| Calcium | 15% | • | Iron 4% |
| <hr/> | | | |
| *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

Continued >

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" |

