

FATTY LIVER · FREE FOOD LIST

FATTY LIVER FOOD LIST

Foods to Choose and Foods to Limit

**FREE**
GUIDE**38 FOODS FROM USDA · SUGAR IN DRINKS · 7-DAY SWAP****38**

FOODS FROM USDA

9

DRINKS CHECKED

7

DAYS OF SWAPS

5

QUESTIONS TO ASK



PRINT IT, STICK IT ON THE FRIDGE

Fatty Liver *Food List*

The foods to build meals on if you have a fatty liver (MASLD), with numbers per portion from USDA data, the foods and drinks the liver guidelines suggest limiting, and a week of drink swaps. Food only: your doctor reads your results and handles any medicine.

RULE 1

Swap the fat

Olive oil, nuts and fish in place of butter and fatty meat.

RULE 2

Drink water

Water, coffee or tea in place of sugary drinks and juice.

RULE 3

Half vegetables

Fill half the plate with vegetables at every meal.

RULE 4

Keep alcohol low

Or stop, if your doctor says so.



FAT QUALITY

Extra-virgin olive oil is the main fat of the Mediterranean pattern that liver guidelines recommend.



Foods to build on

USDA

The Mediterranean pattern both liver guidelines recommend: vegetables, beans, fish, whole grains, nuts and olive oil. Numbers per portion from USDA FoodData Central.

MONOUNSATURATED FATS, NUTS AND SEEDS

FOOD	PORTION	KCAL	FIBER	SAT FAT
Extra-virgin olive oil	1 tbsp	124	0 g	1.9 g
Walnuts, raw halves	1 oz (14 halves)	183	2 g	1.7 g
Chia seeds	2 tbsp	117	8 g	0.8 g
Ground flaxseed	2 tbsp	75	4 g	0.5 g
Almonds, raw	1 oz (23 almonds)	162	4 g	1.1 g
Avocado	1/2 medium	120	5 g	1.6 g
Sesame tahini	2 tbsp	178	1 g	2.2 g
Pumpkin seeds (pepitas)	1 oz	157	2 g	2.4 g

COLD-WATER FISH AND LEAN SEAFOOD

FOOD	PORTION	KCAL	FIBER	SAT FAT
Wild Atlantic salmon, raw	3.5 oz (100g)	142	0 g	1.0 g
Rainbow trout, raw	3.5 oz (100g)	141	0 g	1.4 g
Sardines in olive oil, drained	3.75 oz tin	191	0 g	1.4 g
Light tuna in water, drained	3 oz	99	0 g	0.2 g
Atlantic cod, raw	3.5 oz (100g)	82	0 g	0.1 g
Halibut, raw	3.5 oz (100g)	91	0 g	0.3 g
Shrimp, raw	3.5 oz (100g)	85	0 g	0.1 g
Flounder, raw	3.5 oz (100g)	70	0 g	0.4 g



WHOLE PRODUCE

Vegetables fill half the plate in the Mediterranean pattern the liver guidelines recommend.

Foods to build on, continued

USDA

CRUCIFEROUS GREENS AND ANTIOXIDANT VEGETABLES

FOOD	PORTION	KCAL	FIBER	SAT FAT
Artichoke hearts, cooked	1/2 cup	45	5 g	0.1g
Broccoli, raw florets	1 cup	31	2 g	0.1g
Tuscan kale, raw	1 cup chopped	23	3 g	0.1g
Baby spinach, raw	2 cups	14	1g	0.0 g
Blueberries, fresh	1/2 cup	42	2 g	0.0 g
Raspberries, fresh	1/2 cup	31	4 g	0.0 g
Brussels sprouts, cooked	1/2 cup	28	2 g	0.1g
Asparagus, raw	6 spears	18	2 g	0.0 g
Cauliflower, raw	1 cup	33	3 g	0.1g
Red bell pepper, raw	1 medium	31	3 g	0.1g
Cherry tomatoes, raw	1 cup	27	2 g	0.0 g

LEGUMES, LENTILS AND PLANT PROTEINS

FOOD	PORTION	KCAL	FIBER	SAT FAT
Brown lentils, cooked	1/2 cup	115	8 g	0.1g
Chickpeas, cooked or canned	1/2 cup	175	8 g	0.3 g
Cannellini / white beans, cooked	1/2 cup	149	6 g	0.2 g
Firm tofu, prepared with calcium sulfate	1/2 cup	181	3 g	1.6 g
Edamame, shelled, cooked	1/2 cup	94	4 g	0.5 g
Black beans, cooked	1/2 cup	116	9 g	0.1g

FIBER-RICH WHOLE GRAINS

FOOD	PORTION	KCAL	FIBER	SAT FAT
Rolled oats, dry	1/2 cup	152	4 g	0.4 g
Quinoa, cooked	1/2 cup	112	3 g	0.2 g
Farro or spelt, cooked	1/2 cup	123	4 g	0.0 g
Brown rice, cooked	1/2 cup	121	2 g	0.3 g
Whole-wheat bread	1 slice	81	2 g	0.2 g

THE PLATE

- Half: vegetables, raw or cooked.
- A quarter: fish, chicken, beans, lentils, tofu or eggs.
- A quarter: whole grains, potatoes or beans.
- Cook and dress with extra-virgin olive oil.



MORNING RITUAL

If you already drink coffee, the 2024 European guideline gives no reason to stop. Keep it unsweetened.

Foods and drinks to limit

FROM THE GUIDELINES

LIMIT	WHY
Sugary drinks and juice	The 2024 European guideline advises avoiding <u>sugar</u> -sweetened drinks; the WHO counts juice sugars as free sugars.
Butter, cream, fatty and processed meat	The guidelines advise replacing saturated fat with unsaturated fat, such as olive oil, nuts and fish.
Pastries, sweets and fried snacks	High in sugar, saturated fat or both, with little fiber.
Large portions	If you carry extra weight, the guidelines suggest losing at least 5% of it; smaller plates help.
Alcohol	Both guidelines advise keeping it low, and stopping completely if there is significant scarring. Ask your doctor.

Sugar in common drinks

USDA

DRINK	SERVING	SUGARS	TEASPOONS
Cola, regular	12 fl oz can	37 g	8.7
Lemoniced tea, sweetened	16 fl oz bottle	46 g	10.9
Orange juice	8 fl oz glass	21 g	4.9
Apple juice, unsweetened	8 fl oz glass	24 g	5.7
Lemonade	8 fl oz glass	25 g	5.9
Fruit punch drink	8 fl oz glass	28 g	6.7
Sports drink	20 fl oz bottle	31 g	7.4
Energy drink	16 fl oz can	52 g	12.3
Chocolate milk (part is milk sugar)	8 fl oz glass	24 g	5.7

NO SPECIAL PRODUCTS NEEDED

Neither guideline recommends special drinks, teas or herbal supplements for a fatty liver. What they do recommend is on these pages: the food pattern, fewer sugary drinks, low alcohol, activity, and a weight goal if you carry extra weight.

One week of drink swaps

COUNTS ITSELF

One swap a day. Tick the day when you made it; the box at the bottom counts the week.

DAY	INSTEAD OF	TRY	DONE
Day 1	Soda or sweet tea	Sparkling water with lemon	☐
Day 2	Sweetened latte	Coffee with a splash of milk	☐
Day 3	A glass of juice	A whole orange or a bowl of berries	☐
Day 4	Sports or energy drink	Water with mint and cucumber	☐
Day 5	Bottled iced tea	Iced tea brewed at home, unsweetened	☐
Day 6	A cocktail or sweet wine	Sparkling water with lime and bitters	☐
Day 7	Flavored creamer	Cinnamon on black coffee	☐
Days swapped			<input type="text"/>

QUESTIONS FOR YOUR DOCTOR

- What do my results show, and which numbers should we follow?
- Should I have a FIB-4 score or a liver scan to check for scarring?
- Is a 5% weight goal right for me?
- Should I stop alcohol completely, or keep it low?
- When should we repeat my tests?

CALL YOUR DOCTOR STRAIGHT AWAY IF YOU NOTICE

- Yellow skin or eyes
- New swelling of the belly or legs
- Vomiting blood or black stools
- New confusion or sleepiness



PANTRY STAPLES

Dry lentils, canned wild fish, and rolled oats keep for months.

From a list to a plan

This list tells you what to reach for. **The Liver-Friendly Eating Kit** turns it into a plan: your weight goals worked out, fat swaps and drinks with their numbers, a four-week drinks log, alcohol and activity logs, two sample weeks, ten recipes and a record of your results for your visits. **The Fatty Liver Recipe Book** adds all 40 recipes with the numbers per serving.

THE LIVER-FRIENDLY EATING KIT

- Weight-goal calculator (5%, 7%, 10%)
- Fat swaps and 38 foods from USDA
- Free-sugar limit and a 4-week drinks log
- 12-week alcohol and activity logs
- Two sample weeks and a grocery list
- Results record and questions for your doctor

SEE THE KIT →

THE FATTY LIVER RECIPE BOOK

- 40 recipes, each serves 2
- Under 3.2 g saturated fat a serving
- No added sugar
- Numbers per serving from USDA

SEE THE RECIPE BOOK →

SOURCES • FACT-CHECKED BY THE HEALTH SECRETS EDITORIAL TEAM

EASL-EASD-EASO Clinical Practice Guidelines on the management of MASLD. J Hepatol. 2024;81(3):492–542	Mediterranean pattern, sugary drinks, saturated fat, alcohol
Rinella ME, et al. AASLD Practice Guidance on NAFLD. Hepatology. 2023;77(5):1797–1835	Weight goals, alcohol and fibrosis
World Health Organization. Guideline: Sugars intake for adults and children. 2015	Free sugars, including juice
U.S. Department of Agriculture. FoodData Central, SR Legacy (April 2018)	Numbers per portion and per drink



FRESH HERBS

Oregano, rosemary, lemon and dill bring flavor without salt or sugar.

EVERY DAY

Choose well.
Swap one drink. Ask one question.

01 • CHOOSE

Olive oil, vegetables, beans and fish.

02 • SWAP

Water, coffee or tea in place of sugary drinks.

03 • ASK

Take the questions inside to your next visit.

THE NEXT STEP

The Liver-Friendly Eating Kit

The kitchen plan: your weight goals worked out, fat swaps and drinks with their numbers, two sample weeks and 10 recipes.

- Two sample weeks of meals
- Drinks, alcohol and activity logs
- A results record for your visits

[SEE THE KIT →](#)

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FREE • FACT-CHECKED GUIDES

MILK THISTLE

Milk Thistle for Liver Health | Silymarin Guide 2026

What the research on milk thistle (silymarin) looks at, and what to ask your doctor before taking it.

healthsecrets.com/supplements/milk-thistle-liver-health →

CUTTING ADDED SUGAR

What Happens When You Stop Eating Sugar for 30 Days?

A day-by-day timeline of what happens when you quit sugar for 30 days: withdrawal symptoms, metabolic improvements,...

healthsecrets.com/natural-remedies/stop-eating-sugar-30-days →

BLOOD SUGAR

Natural Remedies for High Blood Sugar

Discover evidence-based natural remedies for high blood sugar including berberine, cinnamon, chromium, and alpha-...

healthsecrets.com/natural-remedies/natural-remedies-high-blood-...

MOVEMENT

Exercise for Longevity Guide | Optimal Types

Cardio, strength training and interval work: what the activity guidelines suggest, with practical weekly schedules.

healthsecrets.com/longevity/exercise-longevity-guide →



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