



Fatty Liver Disease



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Fatty liver is a common, often silent condition that can be serious, especially for people who are overweight, have uncontrolled diabetes, or high cholesterol. If not treated, it can lead to liver damage. Certain foods and habits contribute to fat buildup in the liver. Here's what to avoid and healthier alternatives:

Foods to Avoid:

1. Saturated fats: Fatty meats, processed meats, fried foods, and full-fat dairy.
2. Refined sugars: Sweets, sugary drinks, and packaged foods with added sugars.
3. Simple carbs: White bread, pasta, and white rice.
4. Fast food: High in unhealthy fats, sugars, and refined carbs.
5. Alcohol: Can cause alcohol-related fatty liver disease.
6. Hydrogenated oils: Found in some margarine and processed foods.

Healthy Replacements:

1. Healthy fats: Use olive oil, avocado oil, and coconut oil in small amounts.
2. Natural sugars: Choose fresh fruits, honey, or dates instead of sugary snacks.
3. Complex carbs: Switch to whole grains like oats, quinoa, and sweet potatoes.
4. Healthy cooking: Steam, grill, or bake instead of frying.
5. Home-cooked meals: Include lots of vegetables, fatty fish (salmon, tuna), and legumes.
6. Drink water: Avoid sugary sodas, try green tea or black coffee without sugar.
7. Plant-based protein: Include beans, lentils, and nuts like almonds and walnuts.
8. Antioxidant-rich foods: Eat leafy greens, broccoli, garlic, and ginger regularly.

Maintaining a healthy diet, regular exercise, and a healthy weight can help prevent and improve fatty liver.

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