

NASH CRN

Achieving a healthy weight can help improve fatty liver disease

TIP # 1: REDUCE SWEETENED FOODS AND BEVERAGES – AIM FOR 0 SERVINGS PER DAY ON MOST OR ALL DAYS OF THE WEEK.

Limiting fat and sugar intake can help you achieve a healthy weight. Many prepared foods and drinks have added sugars, both table sugar and high fructose corn syrup. Both types of sweeteners can contribute to unwanted weight gain and make fatty liver disease worse. Sugar is found naturally in some foods, like fructose in fresh or dried fruits or lactose in milk. The grams of sugar in these foods are too small to worry about unless you eat or drink these foods in very large amounts.

Saturated fats (fats that tend to be solid at room temperature, like butter and whole fat milk) can promote weight gain. Foods with saturated fats or made with saturated fats are typically higher in calories per serving.

Beware of foods that are labeled fat-free or reduced fat. Many of these prepared foods have added sugars and the same number of calories as regular food. The easiest way to reduce fat and sugar intake is to eat foods that are not processed. Choose foods that you prepare yourself from raw ingredients.

Here are some ideas on how you can avoid added sugars and saturated or trans fats:

- 1) Avoid beverages or sodas sweetened with sugar. Choose water rather than fruit juice or soda. Choose diet drinks if you must drink a soda.
- 2) Choose low fat dairy products (skim milk, low fat milk or cheese products) for cooking or snacks. For example, use part skim mozzarella cheese in lasagna.
- 3) Read labels and avoid foods that contain saturated or trans-fats.
- 4) If you love sweets, limit your intake of cookies or sweets to 1 or 2 days per week and stick to 1 serving.
- 5) Choose fresh or frozen fruit with low fat unsweetened yogurt for dessert.
- 6) Limit your fast food intake to no more than one time per week or once every other week. Most fast food choices are loaded with added sugar, salt and fat.

For more information visit:

<http://www.choosemyplate.gov/>

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/index.htm>