

You've been told you have Fatty Liver Disease. What does that mean?

- 25% of Canadians have Non Alcoholic Fatty Liver Disease (NAFLD)
- If left untreated, 30% are at risk of developing scarring of the liver, and possibly cirrhosis
- NAFLD may lead to liver failure and is now the leading cause for liver transplant in North America
- It means that you are at risk of developing Type 2 Diabetes (if you do not already have it).
- It is reversible - by changing your diet and lifestyle

How is it caused?

Fatty Liver Disease is not the result of eating fat which is a common misperception. It is caused almost entirely from overeating sugar and fructose, most of which are hidden sugars in processed and packaged foods and beverages.

When we eat refined carbohydrates (CBH), (bread, cereals, rice, pastries, pasta), our body breaks these foods down into glucose. When blood glucose levels rise, insulin levels increase to allow cells in our body to use the glucose as energy. When too much glucose is around, it is instead converted into fat in our livers. Excess fat is also stored around organs and around the waistline. The average Western diet exceeds 300g CBH daily.

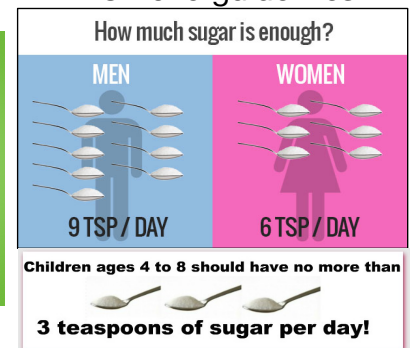
Blood tests may show your liver enzymes are elevated due to liver inflammation. An ultrasound may show fatty liver.

What can you do to reverse fatty liver?

1. Stop adding sugar to beverages such as coffee and tea
2. Reduce/stop fruit juice and sweet drinks (pop, Frappuccinos)
3. Minimize bread, bagels, rice, pasta, potato (reduce packaged foods and simple carbohydrates)
4. Reduce net CBH to 50-100g/day. (net CBHg = total CBH g-fibre g)
5. Read labels of food products
6. Allow healthy fats (this helps keep you full and prevents overeating)
7. Consider intermittent fasting
8. Exercise, build muscle and aim for good sleep
9. Avoid alcohol
10. Vitamin D



WHO 2015 guidelines



Websites/recipes

www.dietdoctor.com
www.who.int.com
www.headbangerskitchen.com

Documentaries

Netflix: The Magic Pill
Youtube: That Sugar Film

Instead of

rice
pasta
grain flour
baked treats
pop

Try:

cauliflower rice
zucchini noodles/shiritaki
almond/coconut flour
veggies/walnuts/cheese
water, soda stream