

Fatty Liver Diet Recommendations / Requirements

In order to work toward reversing Fatty Liver or at a minimum stopping its progression, attention to diet, weight loss and exercise is of the utmost importance. Below is a list of high-level suggestions for diet modification.

For more detailed recipes, Dr. Cruz's cookbook, Chop, Chop can be purchased for \$25.00. The cookbook not only has recipes that will get you eating cleaner but has a whole section on healthier ways to cook and important tools you need to get back in the kitchen again. The main idea behind healthy eating is not about calories or eliminating any one food group. It's about choosing the cleaner alternatives to what you're already eating, in addition to eliminating things in your diet that aren't food at all.

Items that should be eliminated from the diet:

- Fast food and fried foods
- Processed food – foods that come in a bag, box or can
- Sugar or artificial sugar – read food labels (ingredients section) many foods in your pantry have hidden sugars
- Soda, tea, energy drinks, fancy coffees (especially Starbucks, Keurig, etc.)
- Alcohol and NSAIDS – such as Aleve, Motrin, Advil, Ibuprofen
- Minimize the amount of fruit you eat as fruit is a natural sugar and gets stored as fat in the body
- Minimize the amount of food coming from animals – beef, chicken, pork, turkey and all of their bi-products such as eggs, milk, butter, cheese, ice cream, etc.

Foods / drinks to consume every day:

- Water – at least half of your body weight in ounces per day
- Vegetables – preferably fresh not frozen / canned
 - Eat as many green veggies as you can
 - Rotate your veggies, don't eat the same one's over-and-over again
 - When it comes to lettuce, stay away from iceberg lettuce
 - When it comes to potatoes, stay away from all except the sweet potato / yam
- Whole grains – jasmine rice, wild rice, brown rice, quinoa, rice or quinoa pastas
- Plant based sources of protein – beans, quinoa, protein powders in smoothies, raw nuts / seeds, veggies (you get a lot of protein from green veggies)
- Animal based sources of protein – wild caught fish only: salmon, halibut, mahi, ono, tuna, seabass, cod, etc.
- Alternative forms of dairy – they do make many "dairy" based products like milk, cheese, ice cream out of alternative milks such as almond milk, rice milk, coconut milk, soy milk, hemp milk etc. - consider these alternatives to dairy instead
- Steam / bake all your foods – try to avoid barbequing or frying foods in oil, avoid boiling veggies (only steam)
- Use good sources of fat – avocados and olive oil. Put oils on your food after it's been cooked not before
- To season a salad only add olive oil and herbs, avoid all store bought salad dressings including vinegar
- Use lots of herbs on food – if it comes from a plant it is good!

Example Daily Meal Plan – Recipes found in Chop, Chop, Dr. Liz Cruz's cookbook!

8am: Green Smoothie with Protein Powder – page 29 along with Avocado Tomato on Toast – page 44

10am: Handful of raw nut and seed homemade trail mix – page 48

12pm: Vegetable Soup – page 66

3pm: Salad – recipes page 73-83, or an avocado, or organic blue corn chips and Drew's salsa, or another smoothie

6pm: Pasta, Green Beans, Red Beans, and Tomatoes – page 88 with Side Salad – recipes page 73- 83

8pm: Piece of Date Fudge – page 131