

HEALTHY EATING PLATE

Special Advice for Fatty Liver reversal:

Special clinical Nutrition Recommendations for

فرج البعيجان

1800 Kcal/day Plan

14 grams/day Max Saturated Fat
4 tsp of healthy Fats & Nuts

Use healthy oils (like olive and avocado oil) on salad or eat 1/4 of an avocado or healthy nuts and seeds, and at the table. Limit butter. Avoid trans fat.

The more veggies - and the greater the variety - the better.

Potatoes and French fries don't count.

Eat 3-5 fruits per a day.



VEGETABLES

2 1/2 cups/day



FRUITS

1 1/2 cups/day



WHOLE GRAINS

115 grams/day

7 Exchanges/day



HEALTHY PROTEINS

230 grams/day

8 Exchanges/day



Drink 8 to 10 cups of water daily

Drink water, tea or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts: limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



STAY ACTIVE



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Calories from meat are calculated using medium fat meats.

Calories from milk are calculated using skim milk with approximately 80 kcal/cup

- Be sure to include beans in your diet.

Count beans as meat or carbohydrates.

- If you are drinking whole milk and medium to high fat meats, they may exceed your caloric needs.

Summary of data input

Kcal/day: 1800

CHO%: 45

PRO%: 30

FAT%: 20



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Reduce Cholesterol like butter, fatty meat, chocolate, cakes, biscuits and mayonnaise based creamy sauces and dressings.

Reduce calories such as the healthy plate 1800 kcal/day diet.

Choose Low glycemic index carbohydrates these are the ones that least raise your blood sugar such as whole grains, beans, edamame, apples, pears, berries, vegetables.

Diet rich In Polyunsaturated fats and vitamin E such as avocado and avocado oil, walnuts, flaxseed, peanuts and sunflower seeds. These will help stop the making of additional fat on the liver.

Vitamin E found in Pumpkin, almonds, avocado & asparagus.

Probiotics and prebiotics such as vegetables specifically asparagus and artichoke also some fruits and prebiotic supplements.

Make sure to eat oily fish such as salmon and or take a good quality Omega-3 supplement.

Reducing sugar in diet will help get rid of stored fat in the liver and reverse prediabetes

