



## Remember

We are imperfect beings and each day is new and different. Some days it may be easier to follow the suggestions than others.

Be gentle with yourself.

## Goal

Self compassion and kindness towards your body

## Every body is different

There are a spectrum of symptoms and reactions

If any food or movement recommendations do not feel right for your body, trust that! It may be helpful to talk more about this with your dietitian.



# NAFLD

## WHAT IS IT?

- NAFLD stands for Non-Alcoholic Fatty Liver Disease. This occurs when fat droplets accumulate in the liver not due to consuming alcohol. Insulin can be but is not always a factor that influences fat droplet accumulation. Talk to your dietitian or doctor if this is a concern for you. It is a very common and usually symptomless condition. NAFLD occurs on a spectrum.
- NASH stands for Non-Alcoholic SteatoHepatitis which is the accumulation of fat droplets in the liver with the addition of inflammation and scarring.
- More research is needed to better understand the etiology (the cause/s or causation) of the condition.

## GENTLE NUTRITION SUGGESTIONS

### follow as you are able to

- Eating regular meals and snacks throughout the day (not skipping meals) will help prevent major fluctuations in the body which may lower fat droplet accumulation.
- Patterns of eating that contain more whole grains and complex carbohydrates could be helpful for the condition.
- Incorporating more foods that contain omega-3 fatty acids found in fish, walnuts, leafy vegetables and flaxseed could be helpful for fat processing in the body.
- Try combining carbohydrates with fat and protein at meals and snacks.
- Vitamin E supplementation may provide some benefit.

*\*If any of these suggestions are harmful to other aspects of your health, then do not engage in them*

## OTHER RECOMMENDATIONS

- Practice stress management. Prioritizing sleep can alleviate stress. Lack of sleep, poor quality sleep or stress can lead to unstable processes in the body.
- Engaging in physical activity can help regulate body processes. Choose something you enjoy! Some examples are walking, hiking, jogging, dancing, tennis, yoga, climbing stairs, tai chi or gentle yoga.
- Alcohol intake can aggravate the liver. Limiting alcohol intake is suggested.



# TOTAL HEALTH

Health is complex and is influenced by many factors.  
Not all factors are within your control.  
It is important to consider all of these factors, not just food and movement choices, when exploring ways to improve your health.



## Psst..

It is not your fault for having this health condition!  
Discuss causes and risk factors with your doctor or registered dietitian if you are interested.

#### References

Mahan KL, Raymond JL. *Krause's Food and The Nutrition Care Process, 14th Ed.* St Louis, MO: Elsevier; 2017.