

# 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 increase development of liver failure, liver cancer and need for liver transplant
- You are at risk of developing Type 2 Diabetes (if you do not already have it).
- The good news... It may be 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 excess glucose is present, it is 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.

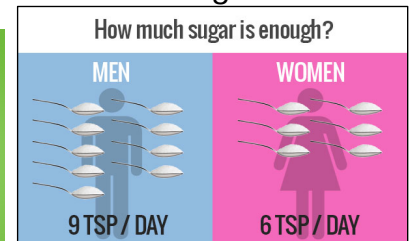
Blood tests may show your liver enzymes are elevated due to liver inflammation. An ultrasound may show fatty liver.

## 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 CBH g = 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 (>14hr)
8. Exercise, build muscle and aim for good sleep
9. Avoid alcohol
10. Vitamin D (1000-2000IU/d)



## WHO 2015 guidelines



Children ages 4 to 8 should have no more than  
**3 teaspoons of sugar per day!**

## Websites/recipes

[www.dietdoctor.com](http://www.dietdoctor.com)  
[www.liver.ca](http://www.liver.ca)  
[www.headbangerskitchen.com](http://www.headbangerskitchen.com)

## Documentaries

Netflix: The Magic Pill  
Youtube: That Sugar Film

## Instead of

rice  
pasta  
grain flour  
baked treats  
pop/juice

## Try:

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

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