

Healthy eating and MASLD: getting started

MASLD, NAFLD and fatty liver disease are different names for the same condition.

Eating a healthy, well-balanced diet is one of the best ways to manage metabolic dysfunction-associated steatotic liver disease (MASLD). It can help reduce the amount of fat in your liver. It can also lower your risk of conditions linked to MASLD, such as type 2 diabetes and heart disease.

There are no special diet plans or recipes for MASLD. Most people benefit from eating a healthy, well-balanced diet. This means choosing a variety of foods and drinks in the right amounts to keep your body healthy. Aim to eat and drink healthily most of the time, without having too much or too little of any one thing. The overall picture is more important than any one small detail.

The Mediterranean diet is a popular example of a healthy, balanced way of eating. It focuses on plant-based foods, with smaller amounts of meat and dairy. It includes plenty of vegetables, fruits, nuts and fish.

Changing habits can be challenging, but lots of people succeed and you can too. The key is to start with small changes that you can stick with in the long term. If you're finding it difficult, ask to be referred to a dietitian with experience of treating MASLD.



Eat at least 5 portions of different fruits and vegetables each day. Fresh, frozen and tinned options all count.



Eat some wholegrain starchy foods like potatoes, yams, bread, plantains, rice, and pasta. These foods provide energy and help you feel full for longer.



Eat healthy protein such as beans, pulses, lentils, eggs, nuts or lean meats. If you eat fish, try to have two portions each week, including one oily fish.



Have some dairy foods or dairy alternatives, such as soya drinks and yoghurts. Choose options that are lower in fat and sugar.



Choose unsaturated oils and spreads like vegetable, rapeseed, olive and sunflower oil. Use them only in small amounts.



Drink six to eight cups or glasses of fluid a day. Healthier choices are water, lower-fat milk, and sugar-free drinks like tea and coffee.

Cut down on foods and drinks that are high in fat, salt or sugar. This includes fast food and ultra-processed foods.



Liver UK is the new name
for the British Liver Trust
and Children's Liver
Disease Foundation

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Here are some tips to get yourself off to a good start:

Be a planner

Plan your meals ahead of time and write a shopping list. This helps you stay organised and makes it easier to avoid unhealthy foods and drinks.

Check food labels

Look at food labels to help you choose healthier options. Pay attention to calories, fat, sugar, and salt. Avoid foods with lots of red traffic lights on the label.

Know your portions

Be mindful of how much food you prepare. Use scales, spoons, cups or jugs to help you get the portions right.

Make simple swaps

Try swapping some or all of the meat in meals like curries, stews or pasta for vegetables, beans or lentils. Making meat go further saves money too.

Try something new

Try different fruits and vegetables. Look in the world foods section at your supermarket for new ideas and varieties.

Cooking well

Cooking from scratch lets you know exactly what's in your food. Try healthier cooking methods like grilling, baking, boiling, steaming or slow cooking.

How we can help: Find out more about the support we offer at liveruk.org/support or call our nurse-led helpline: **0800 652 7330**



Other useful websites

NHS Eat Well guide: nhs.uk/live-well/eat-well

British Dietetic Association (BDA): bda.uk.com

**We have lots of information about MASLD.
To find out more, scan the QR code or visit
liveruk.org/masld**



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