

NON-ALCOHOLIC FATTY LIVER DISEASE

— A GUIDE TO —
WHAT & HOW
TO EAT

Baylor
Medicine



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PART

1

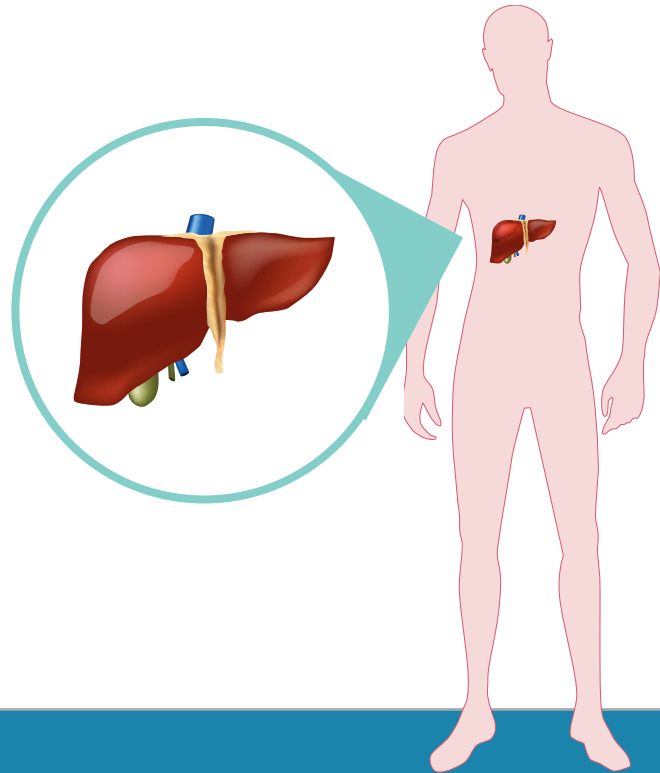
THE LIVER AND NAFLD

WHERE IS THE LIVER?

The liver is one of the largest organs in the body. It is located in the upper right side of the belly.

The liver is the only organ able to repair itself after injury.

Your liver is essential to your life. **You cannot live without it.**



THE LIVER—

- ASSISTS IN DIGESTION OF PROTEINS, FATS AND CARBOHYDRATES
- IS ESSENTIAL FOR DEVELOPING PROTEINS THAT SUPPORT OUR MUSCLE AND IMMUNE SYSTEM
- STORES AND RELEASES ENERGY, VITAMINS AND MINERALS
- HELPS MAINTAIN BLOOD SUGAR
- REMOVES TOXINS FROM THE BLOOD STREAM

WHAT IS NON-ALCOHOLIC FATTY LIVER DISEASE?

Non-Alcoholic Fatty Liver Disease (NAFLD) results when liver cells become filled with fat. This fat can cause injury to the liver which can lead to cirrhosis, a severe condition where **the liver is permanently scarred and damaged**. **Cirrhosis can lead to liver cancer or liver failure.**

You can control the progression of NAFLD by making the choice to change your diet and engage in daily activity.



About 30% of U.S adults have non-alcoholic fatty liver disease.



Most people do not know they have NAFLD, signs and symptoms do not appear until serious irreversible damage has occurred (cirrhosis).




NAFLD increases your risk for developing cardiovascular disease, the leading cause of death in people with NAFLD.



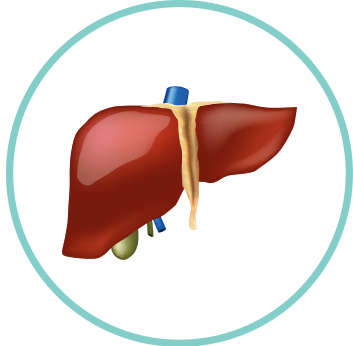
Cardiovascular disease increases your risk for having a heart attack or heart failure.

HOW SOMEONE DEVELOPS NAFLD




Being overweight is the main reason why people develop NAFLD.

The fat deposited in our body is constantly releasing fatty acids into the bloodstream, which then travels to the liver.



Along with being overweight, eating a diet high in **sweets, starchy items, and processed snacks** also leads to NAFLD. We refer to these foods as **simple carbohydrates**.

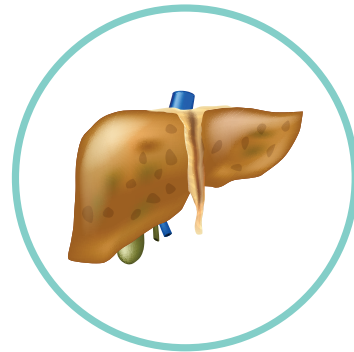


Simple carbohydrates get converted into fat by the liver. In addition they get stored in our bodies as fat deposits.

Over time the liver becomes overwhelmed by high levels of fat entering it from the blood stream and diet.

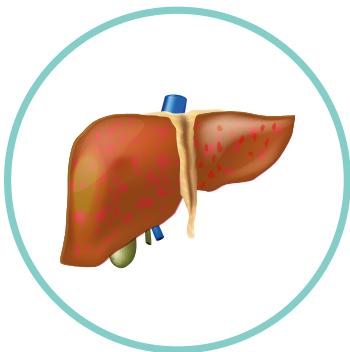
The liver then begins to store fat in the liver cells.

This causes the liver to become enlarged.

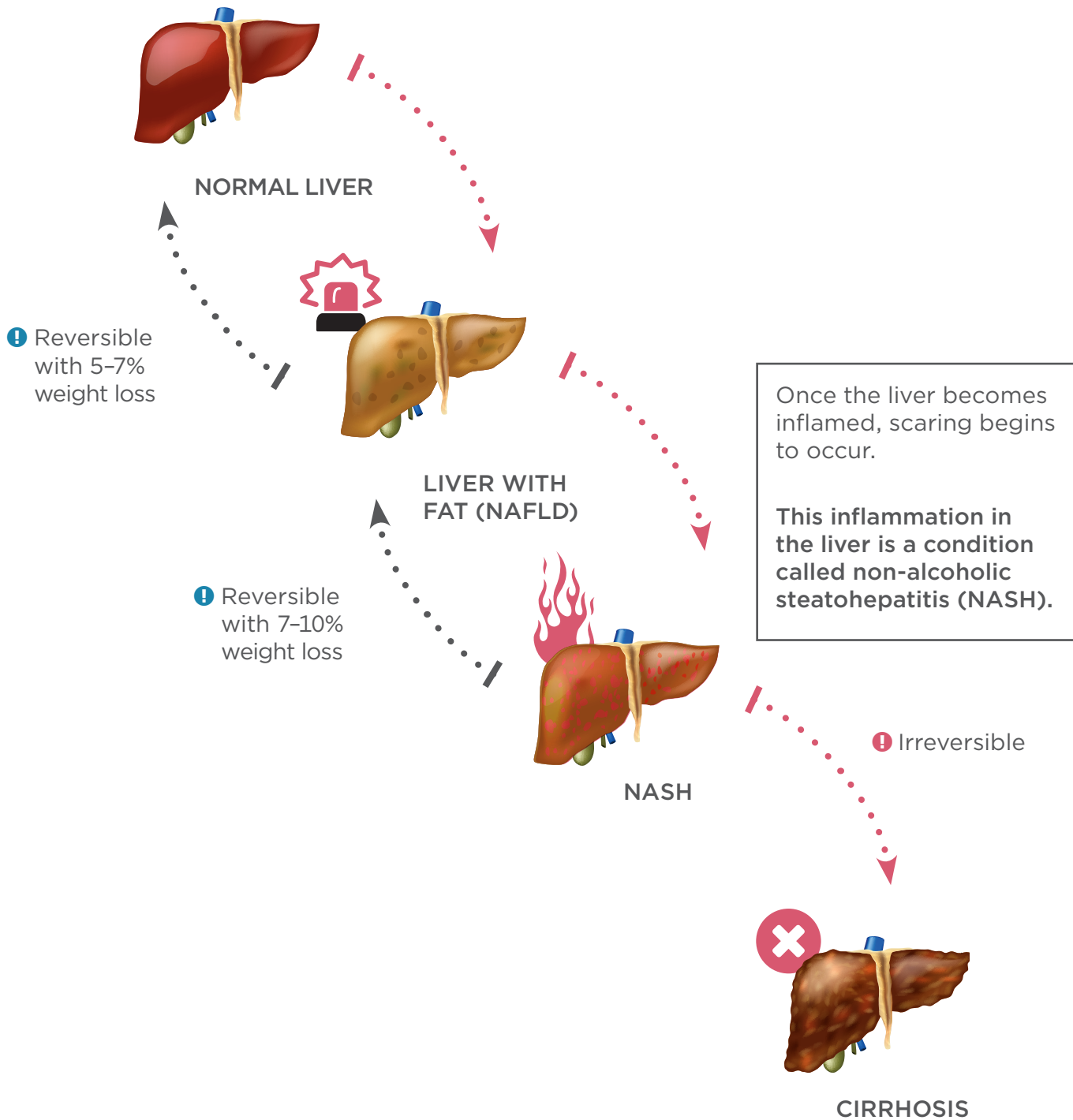


As fat accumulates in the liver, inflammation begins to appear. This **inflammation** can cause **permanent scarring** to the liver cells.

This scarring of the liver can lead to **cirrhosis**, then **liver failure** and need for a transplant.



STAGES OF NAFLD



Once cirrhosis develops, the liver can no longer heal and function correctly.

Cirrhosis increases the risk of developing liver cancer and may require a liver transplant if your liver function deteriorates significantly.

YOU MAY DEVELOP NAFLD IF YOU: ▶

- Are overweight or obese
- Have prediabetes or Type II diabetes
- Have high blood pressure
- Have high cholesterol

DIAGNOSIS OF NAFLD

NAFLD can be diagnosed with an ultrasound and blood tests.

Your doctor may recommend a liver biopsy to assess the severity of your liver disease and to develop a treatment plan.

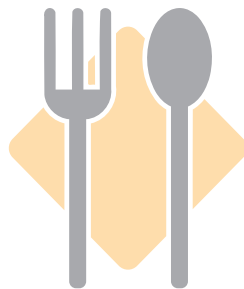
TREATING NAFLD

NAFLD is treated mainly through—

WEIGHT
LOSS

MAKING SPECIFIC
CHANGES TO YOUR DIET

REGULAR
EXERCISE



IN ADDITION, YOUR DOCTOR MAY PRESCRIBE MEDICATIONS TO HELP TREAT NAFLD, DEPENDING ON THE RESULTS OF YOUR LIVER BIOPSY.

- ✓ A 5-10% weight loss is ideal to reverse the effects of NAFLD. However, making changes to your diet alone can have a positive effect on the liver.
- ⚠ It is important to refrain from drinking alcohol, which can do more harm to your liver.

PART

2

NUTRITION AND
FOOD GROUPS

THE FOUNDATIONS



Aim to drink mostly water, unsweetened tea or coffee.

Avoid sugary beverages like soda, juice, lemonade and sports drinks.



Half of your plate should be fruits and vegetables. Aim for non starchy vegetables and whole fruits.



Choose leaner proteins like fish, poultry, beans, and nuts. Limit red meats, cold cuts, bacon and other processed meats.



Choose whole grains like brown rice, oatmeal or whole wheat pasta. Remember portion sizes.



Use olive or canola oil for cooking and on salads. Limit butter and avoid trans fat.



Exercise for at least 30 minutes per day. Go for a brisk walk, do some yard work or even dance!

Anything to get your heart beating.

READING THE NUTRITION LABEL

Look at the number of servings in each container



Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

The nutrition facts are for one serving



Amount per serving
Calories 230

Choose foods lower in saturated fat.



This tells you how many total carbohydrates are in each serving.



This is the total amount of natural occurring sugars + added sugars



	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

Check the ingredient list for trans fat.



Aim for foods high in fiber, greater than 5g.



Limit foods with added sugars, less than 8g.



* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FRUITS AND VEGETABLES: WHAT'S THE BIG DEAL?

Fruits and vegetables are a source of **carbohydrates** that mostly **come from fiber**. Fiber works to protect your liver, heart and digestive system.

Foods high in fiber allow you to feel **fuller for longer**.

Fruits and vegetables are also **high in antioxidants**, which may help reduce inflammation in your body.

Eating a diet high in fruits and vegetables **can help you lose weight**, and lower your cholesterol and blood pressure.

At first you may feel gassy or bloated if you are not use to eating a lot of foods high in fiber. This will go away. **Give your body time to adjust** to eating fruits and vegetables.





Starch is another form of carbohydrate called a “simple carbohydrate.”

Simple carbohydrates (like starch) will **quickly raise your blood sugar**, and can be converted into fat once reaching the liver.

We classify fruits and vegetables as “**starchy**” or “**non-starchy**.” Generally, it is better to eat more non-starchy vegetables.

A diet high in fruits and vegetables will help your body combat and control NAFLD. In addition, it can help you lose weight and prevent or control type II diabetes.

LET'S TALK VEGGIES

- ✔ **Eat 4-5 servings of vegetables daily.** Choose non-starchy vegetables.
- ✔ **Eat vegetables in their whole form.** This means vegetables that are raw, roasted, sautéed, grilled, blanched or in a soup.
- ✘ **Don't mix starch and grains.** If you eat a starchy vegetable, leave the grains off your plate for that meal.
- ✘ **Avoid fried foods.** This includes fried vegetables like french fries and potato chips.

ONE SERVING OF VEGETABLES IS—

½ cup fresh, frozen or canned vegetables
½ cup vegetable juice
1 cup raw leafy greens

EXAMPLES OF NON-STARCHY VEGETABLES

Artichoke	Broccoli	Cucumber	Spinach
Asparagus	Cabbage	Eggplant	Turnips
Baby Corn	Carrots	Leeks	Tomato
Bell Peppers	Cauliflower	Okra	Zucchini
Beets	Celery	Radishes	
Brussels Sprouts	Chayote	Salad Greens	

EXAMPLES OF STARCHY VEGETABLES

Beans (black, kidney, navy, pinto)	Peas
Butternut squash	Sweet potatoes
Cassava	Vegetable juices
Chickpeas	White potatoes
Corn	Yams
Lentils	

CHOOSING FRUITS

- ✓ **Aim for 2-3 servings of fruit daily.** At the same time, it is important not to overeat fruit.
- ✓ **Choose fruits in their whole form.** Fruits are high in fiber and contain natural sugars which are healthier forms of carbohydrates.
- ✗ **Limit dried fruits.** Dried fruits are high in added sugars that can injure your liver.
- ✗ **Avoid sugar.** If picking canned or frozen fruit choose items without added sugar or packed in 100% fruit juice.
- ✗ **Avoid fruit juices.** They contain added sugars. Also, whole fruits they lack the beneficial fiber that whole fruits have and are easy to overconsume.

ONE SERVING OF FRUIT IS—

A small piece of whole fruit
 $\frac{3}{4}$ cup of berries
 $\frac{1}{2}$ cup of frozen or canned fruit

EAT MORE OF THESE TYPES OF FRUITS

Blueberries	Oranges
Cantaloupe	Peaches
Cherries	Plums
Cranberries	Raspberries
Grapes	Strawberries
Honeydew	Watermelon

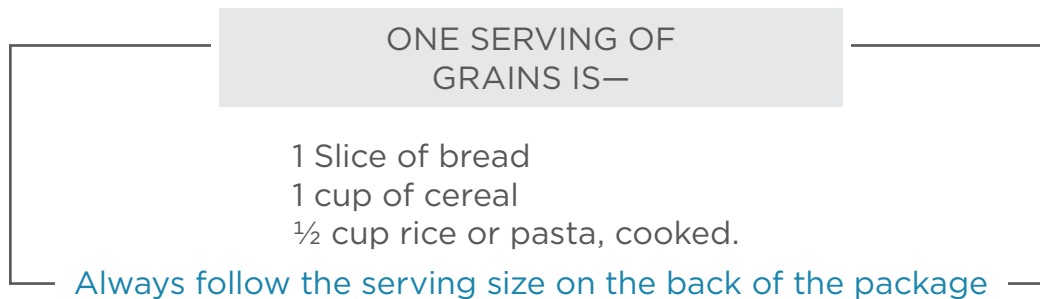
LIMIT THESE TYPES OF FRUITS

Apples:	Pineapple
Bananas	All Dried Fruits
Mango	Apricots
Papaya	Raisins

UNDERSTANDING GRAINS

Some grains are “complex carbohydrates” and some grains are full of “simple carbohydrates.” Complex carbohydrates are better for you

- ✔ **Limit yourself to 3-4 servings of grains daily.** Grains are necessary in your diet, but overeating grains can cause weight gain and can worsen NAFLD.
- ✔ **Choose whole grain products.** These are complex carbohydrates and will allow you to feel full and energetic for longer.
- ✘ Remember, if you are **eating a starchy vegetable, avoid eating grains** at the same time.
- ✔ Bulk up your grains by **adding more vegetables.** Try this the next time you make rice or pasta.



CHOOSE THESE GRAINS (THEY CONTAIN COMPLEX CARBOHYDRATES)

100% whole grain bread or 100% whole wheat bread products (English muffins, rolls, bagels)	Corn tortillas	Whole grain or multi-grain crackers
Brown or wild rice	Oatmeal (not instant)	Whole wheat flour (for baking)
Corn tortillas	Quinoa	Whole wheat flour tortillas
	Popcorn (air-popped)	Whole wheat pasta

LIMIT THESE GRAINS (THEY CONTAIN SIMPLE CARBOHYDRATES)

Instant oatmeal	White bread products (muffins, bread, bagels)
White pasta	
White rice	

WHAT ARE SIMPLE CARBOHYDRATES?

- **Simple carbohydrates are food items that have no nutritional value. They are also called processed foods.** Eating simple carbohydrates leads to NAFLD, as well as weight gain.
- **Snack items, candy, desserts and sweetened beverages are simple carbohydrates.**
- **Simple carbohydrates are labeled as “added-sugar.”** So it is necessary to read the nutrition label to identify these products.
- **Added sugars are often hidden** in foods we would not usually think of, like sauces and items marketed as “healthy,” like a granola bar.
- These foods are a part of holidays and celebrations, and that is when they should be enjoyed.

REMEMBER!

Simple carbohydrates and the overconsumption of white-grain products are the major contributors to NAFLD.

AVOID THESE FOODS

Cakes	Jellies
Candy	Juices
Cereals	Lemonade
Cookies	Pies and cobblers
Energy drinks	Sauces: (BBQ, ketchup, fat-free salad dressings, sriracha, teriyaki)
Flavored low-fat or fat-free yogurts	Soft drinks
Granola	Sports drinks
Granola bars	
Instant oatmeals	

PROTEIN IS NECESSARY

- ✓ Protein is essential for our muscles, bones, blood and skin.
- ✓ **Choose plant-based protein, lean-animal protein or selected dairy items.**
- ✗ **Avoid deli, cured meats and fried meat.** These are usually higher in sodium and may promote high blood pressure.
- ✓ **Try to eat baked or broiled fish at least two times per week.** Fish is a lean protein and may help reduce inflammation in your liver.
- ✓ **Eat less red meat.** When eating red meat, pick whole cuts and avoid processed meats. This doesn't mean you cannot have red meat, just pick one or two days to have it each week.

ONE SERVING OF PROTEIN IS—

3-4 oz Fish, meat or tofu (about the size of a deck of cards)
 1 Egg
 ½ cup Beans, lentils or edamame
 ¼ cup Nuts & seeds

CHOOSE THESE TYPES OF PROTEINS

ANIMAL SOURCES:		PLANT PROTEINS:	
Cod	Skinless poultry	Beans	Nut butters
Eggs	Tilapia	Edamame	Tempeh
Lean beef (85-95%)	Tuna (steak or packed in water)	Lentils	Tofu
Salmon		Nuts & seeds	

LIMIT THESE TYPES OF PROTEINS

Bacon	Fried meats (chicken fried steak, fried chicken, chicken nuggets)	Jerky
Bologna		Pepperoni
Chorizo	Deli meats	Sausage
Corned beef	Hot dogs	

DAIRY, ANOTHER FORM OF PROTEIN

- ✔ Dairy items are another good source of protein. They can be included in your diet in limited portions
- ✔ Dairy also contains calcium, which is essential for bone health.
- ✘ Avoid flavored, non-fat or low fat yogurts because these contain more added sugars.
- ✔ It is okay to eat cheese, but choose unprocessed cheeses be cautious not to overeat.

ONE SERVING OF DAIRY IS—

3/4 cup Greek yogurt.
1 oz cheese (about the size of a pair of dice)

CHOOSE THESE DAIRY ITEMS

Cottage cheese
Greek yogurt
Skim or 2% Milk

CHEESES:

Blue cheese
Cheddar
Feta

Goat cheese
Mozzarella
Parmesan

Ricotta
Swiss

LIMIT THESE DAIRY ITEMS

Butter/margarine
Buttermilk
Custard
Flavored creamers
Heavy cream
Ice cream
Flavored low-fat or non-fat yogurts
Sour cream

CHEESES:

American
Cream cheese
Queso fresco
Velveeta

FAT IS ESSENTIAL

Fats are an essential part of the diet, but should be chosen carefully.

✔ **Choose foods higher in omega-3 fatty acids.** This type of fat is favorable to your health. You won't find omega-3 fatty acids listed on the nutrition label.

✘ **Avoid "fat-free" or "low-fat" items** because food manufacturers often replace fat with added sugars.

✘ **Avoid all trans fats.** All food labels will say 0g trans fat, this is misleading. Trans fats are found in the ingredient list labeled as "partially hydrogenated oils" or "hydrogenated oils." These are usually found in commercial baked goods and snacks, and fried foods like donuts or french fries.

ONE SERVING OF FAT IS—

1 Tbsp Oil
2 Tbsp Nut & sSeed butters
¼ cup Nuts & seeds
4 oz. fatty fish

CHOOSE THESE TYPES OF FAT-CONTAINING FOODS

Avocados

Canola oil

Edamame

Eggs

Extra virgin olive oil

Fatty fish (salmon, tuna)

Full-fat yogurt

Olives

Whole nuts & seeds

Nut & seed butters

LIMIT THESE TYPES OF FAT-CONTAINING FOODS

Margarine

Fast-foods

Fried foods

Fish oil supplements (unless prescribed by your doctor)

Ice cream

Palm oil

Processed snack foods

Mayonnaise

Some peanut butters (check the fats)

Store bought salad dressings

PICKING BEVERAGES

Your body is made up of mostly water, so staying hydrated is key for good health.

✘ **Avoid sugar-sweetened beverages.** The sugar in these beverages are converted to fat once reaching the liver and can worsen NAFLD.

✘ **Avoid alcohol.** It can do further damage to your liver.

If you are used to drinking sweetened beverages, it will take time to adjust. Give your taste-buds time to get used to less sugar. Eventually the sweetened beverages will even be too sweet for you!

CHOOSE THESE TYPES OF FAT-CONTAINING FOODS

Black coffee
Unsweetened hot or iced tea
Water

NEED FIZZ



TRY SELTZER WATER

MISSING FLAVOR?



ADD FRESH OR FROZEN FRUIT

SWEETENER IN COFFEE



ADD CINNAMON, COCOA POWDER OR NUTMEG

PART

3

COOKING TECHNIQUES TO
MAKE VEGETABLES DELICIOUS!

ROASTING

- Uses high heat to crisp vegetables
- This technique works great for almost any vegetable
- Try this technique next time you cook asparagus, Brussel sprouts, broccoli, carrots, sweet potato, bell pepper, onion, or zucchini

i Cooking instructions

- Preheat oven to 415° F
- In a large mixing bowl combine oil, spices and vegetables; coat evenly
- Cover a large sheet-pan with parchment paper and add vegetables, making sure not to overcrowd
- Cook for 15-20 minutes, stirring

HELPFUL TIPS

- ✓ General rule:
1 Tbsp oil for 1 lb. of raw vegetables (about 4-6 cups)
- ✗ Avoid using too much oil, which will make your vegetables soggy and undesirable
- ✓ Cut vegetables to be equal size
- ✓ Avoid overcrowding vegetables in the pan

SAUTÉ

- Use high heat with a small amount of oil to cook vegetables quickly and maintain texture and flavor
- Works best for less dense vegetables like onion, spinach, kale, mushrooms, and bell pepper

i Cooking instructions

- Heat a large skillet (medium-high heat)
- Add oil, just enough to lightly coat bottom of the pan (~2 tsp)
- Once the oil is hot, add vegetables being sure not to overcrowd; you should hear a sizzle
- Keep vegetables moving and cook until slightly browned and thoroughly cooked

HELPFUL TIPS

- ✓ Sauté means “to jump” so keep vegetables moving
- ✓ Dice vegetables or cut thin slices so vegetables cook evenly
- ✗ Avoid too much oil, which will pan fry the vegetables rather than sautéing

BLANCHING

- Uses boiling water and an instant chill to preserve color and texture
- Works best for broccoli cauliflower, sugar snap peas, edamame, or green beans

i Cooking instructions

- In a large pot bring salted water to a rolling boil
- Cut vegetables to even-sized pieces and add vegetables to boiling water, cooking ~2-4 minutes
- Remove vegetables and immediately place them into an ice bath or run under cold water for about the same amount of time you cooked them

HELPFUL TIPS

- ✓ Great if you prefer cooked vegetables over raw
- ✓ Use to make a salad or a snack
- ✓ Cooking time varies on type and size of vegetable, so be sure not to overcook
- ✓ Use this technique if you bought extra vegetables on sale and need to freeze them for later use

GRILLING

- Uses direct heat to deliver a smokey flavor
- Try this technique on eggplant, zucchini, mushroom, onion, pepper, tomato, broccoli or cauliflower

i Cooking instructions

- Heat grill to medium-high heat
- Slice vegetables to same thickness, about a ¼-inch thick and long enough to not fall through the grill
- Lightly and evenly coat vegetables with oil and season to your preference
- Place vegetables on grill and close lid
- Cook vegetables undisturbed for 3-5 minutes on each side

HELPFUL TIPS

- ✓ Cooking time will vary depending on type and thickness of vegetable
- ✓ Try making vegetable skewers the next time you grill
- ✓ Vegetables should have a nice char, but not be overly blackened

QUICK MEAL HACKS

- Prepare vegetables ahead of time for quick meals or salads.
- Cook extra of what you are making and save the rest to eat at another meal.
- Boil eggs for breakfast to have ready to go in the morning.
- Love cereal? Have oatmeal instead and flavor it with cinnamon, fresh fruit and nuts.
- Make your own salad dressing at home.
- Buy frozen pre-cut vegetables to save time on chopping (bell peppers and onions are great to buy frozen).
- Make your snacks ahead of time! Make snack packs of nuts & seeds, fresh cut fruit or air popped popcorn.

EASY SWAPS TO MAKE MEALS LIVER FRIENDLY

VEGETABLE COOKING OIL	▶	CANOLA OIL
FOODS FRIED WITH FLOUR	▶	USE CORN STARCH TO LIGHTLY COAT
ALL-PURPOSE WHITE FLOUR	▶	100% WHOLE WHEAT FLOUR
SOUR CREAM	▶	PLAIN GREEK YOGURT
FLAVORED JELLY OR SYRUP	▶	FRESH FRUIT

SALT

- Beware of seasoning blends with a high sodium
- Use herbs and spices individually or in a blend that does not contain added salt
- Add salt to taste at the end of cooking

SPICES & HERBS TO FLAVOR FOOD

Basil	Cumin	Parsley
Bay leaves	Curry	Sage
Black pepper	Garlic	Thyme
Cajun	Ginger	Turmeric
Cayenne	Nutmeg	Red pepper
Cilantro	Oregano	Rosemary
Cinnamon	Paprika	

GROCERY STORE TIPS

- Buy produce in season, these are usually the fresh food items that will be on sale.
- Make a list and stick to it.
- Plan your meals with what's on sale that week, and buy items you can make multiple meals with.
- Always read the nutrition label, watch out for hidden added sugars and trans fats, and follow the recommended serving size.
- Fill your cart with vegetables, fruit, whole grains, and proteins like beans, fish, poultry and nuts. Avoid highly processed snack and convenience foods.
- When picking canned items, look for “low-sodium,” “no salt added” or “packed in water.” If these choices are not available, rinse the canned food item before use.
- Frozen fruits and vegetables are usually cheaper, last longer, and are still nutritious! Make sure you are buying these fruits and vegetables in their whole forms and not with added sugar or in 100% fruit juice. Again, rinse canned fruit items.
- Use canola oil to cook, it is cheaper than olive oil, and has higher omega-3 fatty acids. Which are good for your liver and heart!
- Prevent food waste by properly storing items in the fridge and freezer.

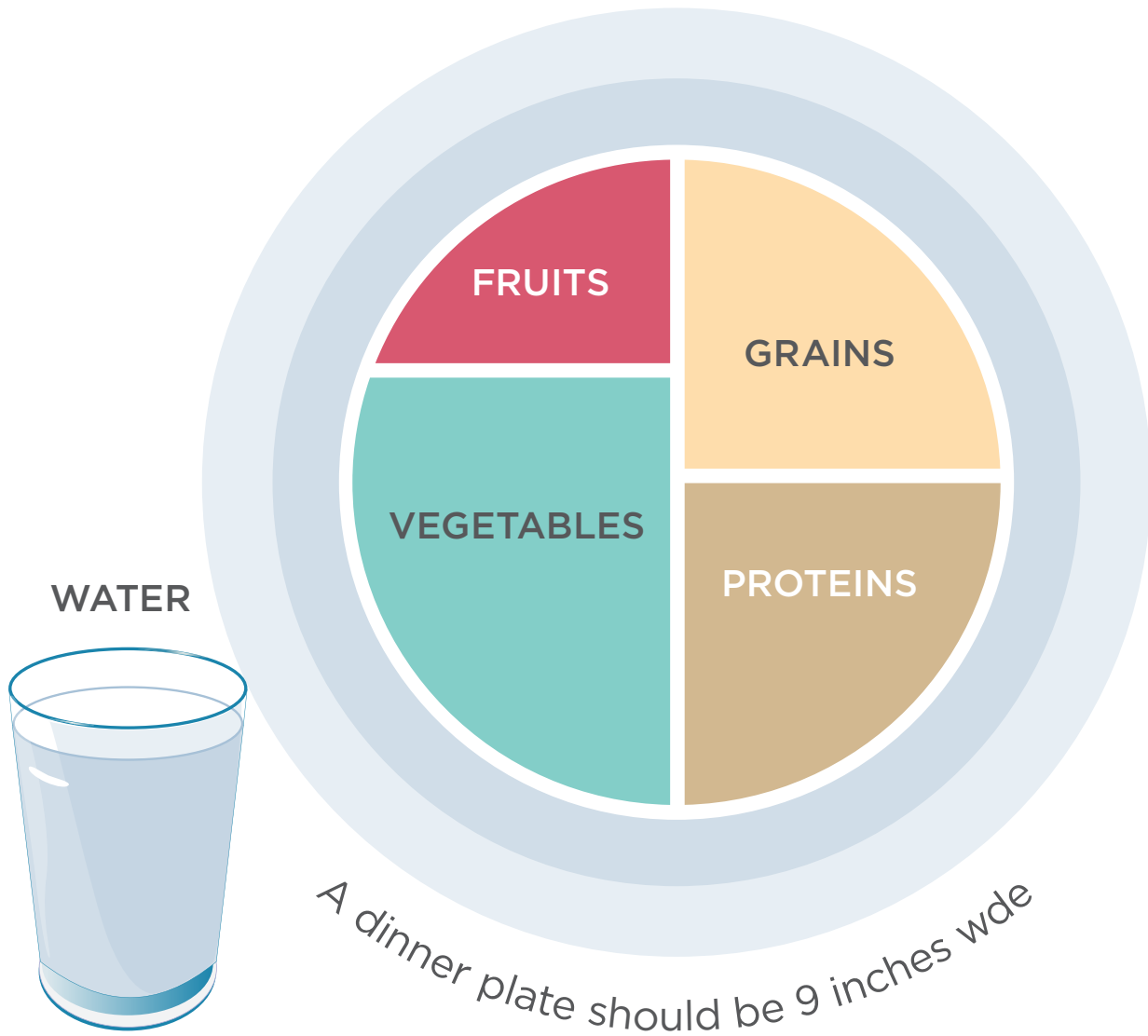


PART

4

SAMPLE MEAL PLANS

WHAT SHOULD MY PLATE LOOK LIKE?



THE MOST IMPORTANT THING TO REMEMBER IS TO HAVE VEGETABLES AT EVERY MEAL

Ideally every meal should include each food group. Using the plate method allows you to visualize these food groups and the correct portion sizes.

Because we combine foods together, for example adding vegetables to our sandwich, soup or pasta dishes, we may not be able to see these food groups pictured on the plate perfectly.

DAY 1: SAMPLE MENU

BREAKFAST

Two Egg Breakfast Scramble

SERVING SIZE: 1

INGREDIENTS

2 Eggs
½ Tbsp Canola oil, split
1 cup non-starchy vegetables: bell pepper, mushroom, onion, spinach, tomato, or any listed on p. xx
Choose as many as you like as the base

i COOKING INSTRUCTIONS

- Heat ¼ tbsp canola oil in a non-stick pan over medium-heat
- Add selected vegetables and sauté for about 5 minutes. If using spinach, add in at the last minute of cooking
- Season vegetables with any herbs or spices you enjoy
- In a separate pan, cook eggs, any style, with the remainder of the canola oil
- Top the vegetable skillet with eggs and suggested toppings below

TOP IT!

Choose one, or all:
¼ cup Cheddar or low-part-skim mozzarella
Fresh salsa
¼ whole avocado, sliced

PICK 1 GRAIN

2, 6-in corn tortillas
1 slice, 100% whole-wheat bread
½ cup cooked beans (more examples on p. 12)

FRUIT

¾ cup berries pick one or mix:
blackberries, blueberries, strawberries, raspberries

DAY 1: SAMPLE MENU

LUNCH

Crispy Chicken Salad

SERVING SIZE: 1

INGREDIENTS

1, 4-6 oz Chicken breast
1 Tbsp Corn starch
½ Tbsp Canola oil
2-3 cups Dark leafy greens (bok choy, collard greens, kale, romaine, spinach, swiss chard)
1 cup Any non-starchy vegetables, sliced

i COOKING INSTRUCTIONS

- Slice chicken breast into ½-inch thick slices
- In a small mixing bowl add corn starch and any seasoning you like to flavor chicken
- Add chicken breast, cover bowl and toss chicken until lightly coated
- In a non-stick pan over medium heat, heat canola oil and add seasoned chicken
- Cook until chicken is golden and fully cooked to an internal temperature of 165° F
- Assemble the salad mix. Buy a pre-made salad mix or make your own. Choose any dark leafy green to be the base of your salad. Top with any non-starchy vegetables (examples on p. 12)

TOP IT!

Pick 1-2 fat based items:

Olives (about 5)
¼ cup Nuts/Seeds
¼ Avocado slices
¼ cup, Cheese your choice (listed on p. 17)

ADD DRESSING

2 Tbsp: Toss salad with dressing of choice

- Make your own at home
- Buy a pre-made dressing, and avoid those saying fat-free or low-fat

PICK 1 GRAIN

Have on the side or add on top of your salad

¼ cup Quinoa, cooked
½ cup Brown or wild rice, cooked
½ cup cooked, Any type of bean. More examples on p. 14

DAY 1: SAMPLE MENU

DINNER

Baked Fish and Roasted Vegetables

SERVING SIZE: 1

INGREDIENTS

Your choice of fish
(4-6 oz):

- Catfish • Salmon
- Cod • Tilapia

1 Tbsp Canola oil

1/2 pint Cherry
Tomatoes

5-6 stalks Asparagus,
cut into 1 inch pieces

Your choice of
Seasoning Blends:

LEMON PEPPER

1 Tbsp Lemon juice

½ tsp Pepper

½ tsp Dill, dried

½ tsp Paprika, dried

ITALIAN BLEND

1 Tbsp Lemon juice

1 tsp rosemary, dried

1 tsp oregano, dried

1 tsp basil, dried

CILANTRO LIME

1 Tbsp Lemon juice

2 garlic clove, minced

¼ White onion, diced

1 Tbsp Cilantro, Fresh

OR ½ Tbs dried

¼ tsp chili powder

Dash of Salt

i COOKING INSTRUCTIONS

- Preheat oven to 400° F
- Place fish filet on a large piece of aluminum foil
- In a large mixing bowl, combine canola oil and one of the three seasoning blends
- Use ½ of the oil and seasoning blend to coat the top of the fish
- Add tomatoes and asparagus to the mixing bowl and coat evenly with remaining oil blend
- Add vegetables to the aluminum foil, fold the foil over the fish and vegetables and seal the edges making a bowl
- Cook for ~20 minutes or until vegetables are tender and fish is fully cooked to an internal temperature of 145° F

PICK 1 GRAIN

½ cup, Any type of
bean, cooked

½ cup, Brown or wild
rice, cooked, seasoned
to preference More
examples on p. 19

DESSERT

¾ cup Fresh fruit
topped with 2 Tbsp
Whip cream

DAY 2: SAMPLE MENU

BREAKFAST

Oatmeal

SERVING SIZE: 1

INGREDIENTS

½ cup Dried oats
1 cup Water or milk

i DIRECTIONS

Use whole oats, not instant microwaveable oatmeal packages

- Heat oats in microwave or on stove top

Follow package directions

- If cooking oatmeal in milk this will count as your protein selection

TOP IT!

¼ cup, Nuts, preferably walnuts, almonds or pecans

¼ cup, Mixed berries or ½ of a whole banana

Flavor with cinnamon, nutmeg, apple pie spice or cocoa

PICK 1 GRAIN

1 cup Milk to cook oatmeal

1 Egg, cooked any style

½ cup Plain Greek yogurt

½ cup Cottage cheese

3-4 oz Lean breakfast meat (Canadian bacon, chicken sausage or turkey bacon)

VEGETABLE

½ Small zucchini, sliced, sautéed or roasted

4-6 Brussel sprouts, quartered, sautéed or roasted

1 cup Mixed non-starchy vegetables, sautéed or roasted

Save some time in the morning by making extra vegetables during the week to add to your breakfast

DAY 2: SAMPLE MENU

LUNCH

On-the-run Sandwich

SERVING SIZE: 1

INGREDIENTS

2-slices 100% whole-wheat bread
3-4 oz meat portion, baked or grilled
Chicken Fish
Turkey Canned tuna packed in water
Lean beef

Vegetable toppings (cooked or raw)
Banana pepper Mushrooms
Bell pepper Onion
Cucumber Pickles
Jalapeño Tomato
Lettuce Zucchini

i DIRECTIONS

Toast bread and assemble sandwich to your liking

TOP IT!

Choose 1-2 fat based items:
1 oz Cheese your choice (p.xx)
¼ Whole avocado
1 Tbsp Mayonnaise made with olive oil
2 Tbsp hummus
Condiments (choose 1-4): hot sauce, mustard, spices/herbs and/or vinegar

VEGETABLE

1 cup sliced, Raw vegetables of your choice, feel free to make a mix of the following:
Bell pepper
Carrot
Celery
Cucumber
Zucchini

DIP IT

2 Tbsp of one of the following:
Hummus any flavor you like
Greek yogurt ranch dip
Homemade salad dressing
Bean-dip
Fresh salsa

DAY 2: SAMPLE MENU

DINNER (PART 1 OF 2)

Steak Tacos

SERVING SIZE: 1

INGREDIENTS

STEAK TACOS

3-4 oz Choice of protein (size of your palm and 1-in thick):

- Sirloin
- Flank or skirt steak
- 85-90% Lean ground beef
- Shrimp

½ Tbsp Canola oil

SPICE BLEND

¼ tsp Chili powder

¼ tsp Onion powder

2 Garlic cloves, minced

2 Tbsp Pineapple juice (optional)

1 Tbsp Soy sauce

1 Lime, juiced

½ Tbsp Canola oil

DIRECTIONS

- In a shallow dish, mix spice blend together, add protein choice and allow to marinate for 30 minutes at room temperature
- Heat a cast iron skillet over medium-high heat and add canola oil
- Add protein choice, cooking time should be adjusted for the type of protein you choose
 - Steak, cooked medium: Cook each side for ~5 minutes, making sure to flip only one time
 - Lean beef: Cook until thoroughly browned or reaches an internal temperature of 160° F
 - Shrimp: Takes ~5 minutes to be cooked thoroughly and should reach an internal temperature of 145° F

SERVE WITH

Tomato, diced

Onion, diced

Fresh salsa

Fajita vegetables

Shredded lettuce

Cilantro

1 Tbsp Plain Greek yogurt (substitute for sour cream)

¼ cup Queso fresco

DAY 2: SAMPLE MENU

DINNER (PART 2 OF 2)

& Warm Poblano Vegetables

SERVING SIZE: 1

INGREDIENTS

WARM POBLANO VEGETABLE MIX

2 tsp Canola oil

½ Whole small onion, diced

½ Whole poblano pepper, diced

½ Whole small zucchini, diced

¼ cup Frozen corn

¼ tsp Cumin

¼ tsp Garlic powder

1 Tbsp Fresh cilantro

1 Tbsp Lime juice

Dash of salt

i DIRECTIONS

- Heat canola oil in non-stick pan over medium heat
- Add onion and allow to cook until slightly translucent, ~3 minutes
- Add poblano pepper, cook for ~1 more minute
- Add corn, zucchini, cumin and garlic powder and cook for ~5 more minutes
- Remove from heat, add lime juice and top with cilantro

PICK 1 GRAIN

½ cup Bean, cooked

¾ cup Brown or wild rice, cooked

2, 6-inch Corn tortillas

SNACK EXAMPLES: PICK 1-2 A DAY

1/4 cup mixed nuts (about a handful) and one string cheese



- Aim for almonds, cashews, pecans or walnuts - limit peanuts
- Avoid trail mixes and those mixes with added dried fruits
- It is easy to over-eat nuts because the portion size is small and high in calories

One small apple with 2 Tbsp nut butter



- You can buy nut butters for cheaper if you have a grocery store near you that allows you to grind your own peanut or almond butter
- Watch out for peanut butters with trans fat, they will be listed as fully hydrogenated oils in the ingredient section

1/2 cup Plain Greek yogurt topped with 1/4 cup fresh or frozen berries



- Season with cinnamon, nutmeg, or cocoa
- Craving chocolate: add 1 Tbsp dark chocolate chips
- Always buy plain yogurt and flavor yourself at home

2-3 cups cooked popcorn



- Buy popcorn kernels at the store and make at home
 - This method is cheaper and avoids unwanted ingredients
 - Follow the directions on the next page
-

MAKE YOUR OWN POPCORN

Ingredients

1 Tbsp Canola oil

3 Tbsp Popcorn kernels

i Cooking instructions

- Cook on the stove top
- Over medium heat, heat a canola oil in a medium size saucepan
- Once oil is heated test 1 kernel, once popped, add the rest of the kernels and cover the pot with a lid
- While holding the lid, carefully and continuously move the pot around until the kernels stop popping
- In a large bag or bowl combine seasonings and then add popcorn to flavor

SUGGESTED SEASONING BLENDS

SPICY



¼ tsp Chili powder
¼ tsp Cumin
¼ tsp Onion powder
¼ tsp Garlic powder
¼ tsp Oregano
Salt/pepper to taste

RANCH



¼ tsp Dill, dried
¼ tsp Chives, dried
¼ tsp Garlic powder
¼ tsp Onion powder
Salt/pepper to taste

SWEET



½ Tbsp Powder sugar
½ Tbsp Cinnamon

CURRY



½ Tbsp Curry seasoning
Salt/pepper to taste

SMOOTHIES, AM I DOING THIS RIGHT?

We have all been told smoothies are a part of a healthy diet. Although this can be true, they can easily be turned into an unhealthy habit.

PROS

- ✓ Quick, easy and delicious.
- ✓ Have more fiber than just drinking juice.

CONS

- ✗ Easy to drink more than we should.
- ✗ Contain too much fruit at one time.
- ✗ Leave us feeling hungry.

STEPS FOR SMOOTHIE SUCCESS!

- Measure it out!
- 1 serving is 1 cup (8 ounces)
- Make smoothies a special treat, not an everyday thing
- Add more vegetables than fruit!
- Have some protein on the side, for example a hard-boiled egg or a handful of almonds
- Only add one serving of fruit and avoid using fruit juices to blend

Pick one serving of fruit

- Frozen fruits work best for smoothies.
- Freeze them yourself or purchase frozen fruits.
- Want two different fruits? Split each serving in half, general rule, 1 cup of fruit.
- A bag of frozen mixed berries makes for easy measuring and variety.

Add one serving of vegetables

- Be creative, you would be surprised how many different flavors you can create by adding in a different vegetable.
- Try adding spinach to your next smoothie. The taste will be undetectable and your smoothie will be green, but it is an easy way to get more vegetables in your diet.

Add some Smoothie enhancers

- **Spices:** adding spices allows for flavor with out extra sweeteners .
- **Protein:** including protein in your smoothie like milk or yogurt will help hold your hunger off.
- **Fat:** Add a plant-based fat like avocado, seed/nuts, or a nut butter to add depth and smoothness Use only ½ of one serving.
- **Liquid:** Blend with water or milk. If using milk this will count as your protein source and liquid

NON-ALCOHOLIC
FATTY LIVER DISEASE

— A GUIDE TO —
WHAT & HOW
TO EAT

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