



## Diet Chart for Fatty Liver

There are two major types of fatty liver disease, alcohol-induced and nonalcoholic [fatty liver disease](#). Nonalcoholic [fatty liver disease](#) is most commonly diagnosed in those who are obese or sedentary and those who eat a highly processed diet. One of the main ways to treat fatty liver disease is with diet. As the name suggests, fatty liver disease means you have too much fat in your liver. In a healthy body, the liver helps to remove toxins and produces bile, the digestive protein. Fatty liver disease damages the liver and prevents it from working as well as it should.

A low fat diet with enough carbohydrate and fiber with adequate protein will help to overcome the disease condition :

<b>Things to Avoid</b>	<b>Things to Addon</b>
<ul style="list-style-type: none"> <li>● More oil for the food preparation</li> <li>● Fast foods</li> <li>● Meat and meat products</li> <li>● Alcohol and alcoholic beverages.</li> </ul>	<ul style="list-style-type: none"> <li>● Eat whole grain cereals</li> <li>● Include salad with meals</li> <li>● Eat fruits inbetween main meals</li> <li>● Include fresh Garlic and Ginger for gravy.</li> </ul>

## **Diet Chart**

### **Sunday**

<b>Breakfast (8:00-8:30AM)</b>	Utappam 2+ 1 tbs green chutney.
<b>Mid-Meal (11:00-11:30AM)</b>	1 cup boiled channa
<b>Lunch (2:00-2:30PM)</b>	1 cup rice+ Soya chunk curry 1/2 cup+ Ladies finger subji 1/2 cup+ small cup low fat curd.
<b>Evening (4:00-4:30PM)</b>	1 Portion fruit( Include different colored fruits. Don't stick with particular one.
<b>Dinner (8:00-8:30PM)</b>	Brocken wheat upma 1 cup+ 1/2 cup green beans subji

## Monday

**Breakfast**  
**(8:00-8:30AM)**

Mix veg Poha 1 cup+ 1/2 cup low fat milk.

**Mid-Meal**  
**(11:00-11:30AM)**

1 Portion fruit( Include different colored fruits. Don't stick with particular one.

**Lunch (2:00-2:30PM)**

3 Chappati+ 1/2 cup cluster beans subji+ Fish curry(100g fish) 1/2 cup.

**Evening (4:00-4:30PM)**

1 cup tea+ + 2 biscuits ( Nutrigochoice or Digestiva or Oatmeal.)

**Dinner (8:00-8:30PM)**

2 Roti / chappathi+Ridge guard subji 1/2 cup.

## Tuesday

**Breakfast**  
**(8:00-8:30AM)**

Vegetable Oats Upma 1 cup+ 1/2 cup low fat milk.

**Mid-Meal**  
**(11:00-11:30AM)**

pane Yoghurt with raw vegetables / grilled vegetables -1 cup

**Lunch (2:00-2:30PM)**

1/2 cup rice + 2 medium chappati+1/2 cup Kidney beans curry+ Snake guard subji 1/2 cup.

**Evening (4:00-4:30PM)**

1 cup boiled channa+ light tea 1 cup.

**Dinner (8:00-8:30PM)**

2 Roti/ chapati+ 1/2 cup mix veg curry

## Wednesday

**Breakfast**  
(8:00-8:30AM)

2 Slice brown.+1 slice low fat cheese+1Boiled egg white+ 1/2 cup low fat milk.

**Mid-Meal**  
(11:00-11:30AM)

1 Portion fruit( Include different colored fruits. Don't stick with particular one.

**Lunch (2:00-2:30PM)**

Veg pulav rice 1 cup+ 1/2 cup Soya Chunk curry+ 1/2 cup Low fat curd.

**Evening (4:00-4:30PM)**

1 cup light tea+ 2 wheat rusk.

**Dinner (8:00-8:30PM)**

2 roti/ Chapathi+ Ladies finger subji 1/2 cup.

## Thursday

**Breakfast**  
(8:00-8:30AM)

Methi Parata 2+ 1 tbs green chutney.

**Mid-Meal**  
(11:00-11:30AM)

plane Yoghurt with raw vegetables / grilled vegetables -1 cup

**Lunch (2:00-2:30PM)**

1 cup rice+ chicken curry( 150 gm chicken+ 1 cup cucumber salad.

**Evening (4:00-4:30PM)**

1 Cup light tea+ Brown rice flakes poha 1 cup.

**Dinner (8:00-8:30PM)**

Wheat dosa 3 + 1/2 cup Bitter guard subji.

## Friday

**Breakfast**  
**(8:00-8:30AM)**

Chappati 3 + 1/2 cup

**Mid-Meal**  
**(11:00-11:30AM)**

1/2 cup boiled black channa

**Lunch (2:00-2:30PM)**

1 cup rice+ 1/2 cup Dhal+ Palak subji 1/2 cup+ 1/2 cup low fat curd.

**Evening (4:00-4:30PM)**

1 Portion fruit( Include different colored fruits. Don't stick with particular one.

**Dinner (8:00-8:30PM)**

Broken wheat upma 1 cup+ 1/2 cup green beans subji

## Saturday

**Breakfast**  
**(8:00-8:30AM)**

4 Idli + Sambar 1/2 cup/ 1 table spoon Green chutney/  
Tomato Chutney

**Mid-Meal**  
**(11:00-11:30AM)**

green gram sprouts 1 cup

**Lunch (2:00-2:30PM)**

3 Roti+1/2 cup salad + Fish curry ( 100 gm fish)+ 1/2 cup cabbage subji.

**Evening (4:00-4:30PM)**

1 Portion fruit( Include different colored fruits. Don't stick with particular one.

**Dinner (8:00-8:30PM)**

2 Roti / chappathi.+ Tomato subji 1/2 cup.

## WORKOUT

- 10 min walk ( Morning and Evening)
- Anulom Vilom pranayama
- Meditation
- Leg raise
- Butterfly pose

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