



Planning meals with MASH



Actor portrayal

Your liver is an important organ that is responsible for many bodily functions. It helps with digestion, energy storage, removing harmful substances from the blood, and more. If your fatty liver disease has progressed to metabolic dysfunction-associated steatohepatitis (MASH), making healthy lifestyle choices can help you manage it.

Living a healthy lifestyle is often the first step in managing MASH. To help reduce inflammation (swelling) and the amount of fat in your liver try to:

- Eat healthy
- Be physically active
- Lose some weight (if needed)

Your healthcare professional may recommend a reduced-calorie diet along with a healthy eating pattern to help with weight loss and slow liver damage. Use this guide to help you plan healthy meals for managing MASH.

Before making any new lifestyle changes, it's important to check in with your healthcare professional. They know your health history and can help create a plan that is best for you.



Some types of meal plans for managing MASH

Making changes to how you eat can not only help reduce the amount of fat in your liver, but may have other health benefits. **Always speak with your healthcare professional before making any changes to your diet.**

Mediterranean diet

This meal plan may help to lower the amount of saturated fat and cholesterol in your diet.

- Eat vegetables, fresh fruit, olive oil, and nuts
- Eat in moderation fish, white meat, whole grains, beans, and low-fat or fat-free dairy
- Limit red meat, processed food and meat, butter, sugar-sweetened drinks, added sugars, and sweets

Calorie-restricted DASH diet

Dietary Approaches to Stop Hypertension

Diets that follow this eating pattern are low in saturated fat and cholesterol and high in fiber, vitamins, and minerals.

- Eat vegetables, fruits, and whole grains
- Include fat-free or low-fat dairy products, fish, poultry, beans, nuts, and vegetable oils
- Limit fatty meats, full-fat dairy products, tropical oils, sodium, sugar-sweetened beverages, and sweets

Nutrition for a healthier lifestyle

Losing even a small amount of body weight (if needed) may help reduce the effects of MASH on your liver.

- Reduce the number of calories you eat. Your healthcare professional can help you set specific calorie and weight-loss goals
- Use your plate as a guide. Make half your plate vegetables and fruit and the other half protein and grains (try half as whole grain)
- Choose low-fat or fat-free dairy products, or lactose-free or fortified soy versions
- Limit added sugars, sodium (salt), alcohol, and saturated and trans fats



Not all fats are the same

✓ Fats to choose

Unsaturated fats

Found in olive oil, canola oil, nuts, seeds, eggs, and fish



▲ Fats to avoid

Saturated fat

Found in red meat, poultry skin, butter, and full-fat dairy products



Trans fat

Found in fried foods, some snack foods, and some baked goods



Example food shopping list

Work with your healthcare professional and use the food list below to help you plan healthy meals for your desired meal plan.

Nonstarchy Vegetables

- | | | |
|---|---------------------------------------|---|
| ☐ Asparagus | ☐ Cucumbers | ☐ Radishes |
| ☐ Beets | ☐ Edamame | ☐ Spaghetti squash |
| ☐ Bell peppers | ☐ Eggplant | ☐ Spinach |
| ☐ Broccoli | ☐ Green beans | ☐ Snap peas |
| ☐ Brussels sprouts | ☐ Kale | ☐ Tomatoes |
| ☐ Carrots | ☐ Mixed greens | ☐ Zucchini |
| ☐ Cauliflower | ☐ Mushrooms | ☐ _____ |
| ☐ Celery | ☐ Okra | ☐ _____ |
| ☐ Collard greens | ☐ Onions | |



Fruit

- | | | |
|--------------------------------------|--------------------------------------|---------------------------------------|
| ☐ Apples | ☐ Cranberries | ☐ Pears |
| ☐ Apricots | ☐ Kiwi | ☐ Plums |
| ☐ Avocado | ☐ Lemons | ☐ Raspberries |
| ☐ Blueberries | ☐ Limes | ☐ Strawberries |
| ☐ Cherries | ☐ Mango | ☐ Tangerines |
| ☐ Cranberries | ☐ Oranges | ☐ _____ |
| | ☐ Peaches | ☐ _____ |



Starchy Vegetables

- | | |
|--|--|
| ☐ Corn (also a whole grain) | ☐ Squash (acorn, butternut, winter) |
| ☐ Sweet potatoes | ☐ Yams |
| ☐ Peas | ☐ _____ |
| ☐ Pumpkin | |



Dairy

- ☐ Cheese
- ☐ Cottage cheese
- ☐ Milk (cow's milk or unsweetened alternative)
- ☐ Yogurt (plain, such as Greek)
- ☐ _____



Herbs & Spices

- | | |
|---------------------------------------|--|
| ☐ Basil | ☐ Ginger |
| ☐ Black pepper | ☐ Mint |
| ☐ Chili powder | ☐ Nutmeg |
| ☐ Chives | ☐ Onion powder |
| ☐ Cilantro | ☐ Oregano |
| ☐ Cinnamon | ☐ Red pepper flakes |
| ☐ Cumin | ☐ _____ |
| ☐ Curry powder | ☐ _____ |



Nuts & Seeds

- | | |
|--|---|
| ☐ Almonds | ☐ Pecans |
| ☐ Cashews | ☐ Pistachios |
| ☐ Hazelnuts | ☐ Seeds (pumpkin, sesame, sunflower) |
| ☐ Nut butter (almond, cashew; no added sugar) | ☐ Walnuts |
| | ☐ _____ |



Lean Proteins

- ☐ Beans (black, cannellini, kidney, lima, pinto, red, garbanzo)
- ☐ Beef (round, chuck, loin, extra lean ground)
- ☐ Chicken (breast, thighs)
- ☐ Eggs
- ☐ Fish (cod, halibut, mahi mahi, wild salmon, tilapia, light tuna)
- ☐ Lentils
- ☐ Pork (chops, tenderloin)
- ☐ Shellfish (crab, lobster, oysters, scallops, shrimp)
- ☐ Tempeh
- ☐ Tofu
- ☐ Turkey (extra lean, ground)
- ☐ _____
- ☐ _____



Whole Grains

- ☐ Barley
- ☐ Bread (whole wheat or whole grain; no added sugars)
- ☐ Cereal (high fiber, low sugar)
- ☐ Couscous (whole wheat)
- ☐ Oatmeal (whole, rolled or steel cut; not pre-packaged)
- ☐ Pita (whole wheat)
- ☐ Popcorn (air-popped)
- ☐ Quinoa
- ☐ Rice (brown, red, black, wild)
- ☐ Tortillas (whole grain corn or whole wheat; not fried)
- ☐ _____



Pantry Items

- ☐ Broth (low or no added sodium)
- ☐ Canned fish and poultry (low or no added sodium)
- ☐ Hot sauce
- ☐ Olive oil
- ☐ Olives
- ☐ Mustard
- ☐ Peanut butter (only peanuts and salt as ingredients)
- ☐ Salsa (no added sugar)
- ☐ Spaghetti sauce (no added sugar)
- ☐ Soups (low fat, low sodium)
- ☐ Tomato paste (no added sodium)

- ☐ Tomato sauce (no added sodium or sugar)
- ☐ _____
- ☐ _____



Fresh vs frozen

Both can be part of a MASH diet. Just be sure to choose high-quality frozen options without added sugars, sauces, or excessive salt.

Reading a Nutrition Facts label

There is a lot of helpful information on the **Nutrition Facts label** on packaged foods and drinks. Use it to compare foods and to help you make food choices for managing MASH. Be sure you check with your healthcare professional to see if there are any specific nutrients you should limit or avoid.

Check serving size.

Information on the label is based on 1 serving. This example shows a package that contains 8 servings. But the food facts given are for only 1 serving.



Pay attention to how many calories are in 1 serving.

To maintain or reach a healthy weight, try to balance the number of calories you eat or drink with the amount your body uses.



Be mindful of certain nutrients.

Try to choose food that contain less of the nutrients you are trying to limit:

- Saturated fat
- Sodium
- Added sugars

Choose foods that have more of the nutrients your body needs:

- Dietary fiber
- Vitamin D
- Calcium
- Iron
- Potassium



Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans 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%
* 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.	