

# WHAT TO EAT FOR MASLD IN YOUNG ADULTS

Dietary patterns shown to reduce liver fat and support metabolic health.

## FOODS THAT SUPPORT LIVER HEALTH

- ✓ High fiber vegetables
- ✓ Whole fruits, not fruit juice
- ✓ Legumes and beans
- ✓ Whole grains
- ✓ Lean proteins such as poultry, tofu, eggs
- ✓ Fatty fish rich in omega 3 (salmon, sardines, mackerel)
- ✓ Extra virgin olive oil
- ✓ Nuts and seeds



## EVIDENCE BASED DIETARY APPROACHES

- ✓ Mediterranean style eating pattern
- ✓ Reduced added sugars
- ✓ Lower intake of ultra processed foods
- ✓ Balanced macronutrient distribution
- ✓ Adequate protein intake



Research shows Mediterranean style patterns are associated with **reduced liver fat** and **improved insulin sensitivity** in individuals with MASLD, including younger adults.

## WHAT TO LIMIT

- ✗ Sugar sweetened beverages
- ✗ Highly refined carbohydrates
- ✗ Frequent fast food
- ✗ Processed meats
- ✗ Heavy alcohol intake



## HOW MUCH CHANGE IS NEEDED?

A **5 to 10 percent** reduction in body weight has been shown to significantly reduce liver fat and improve inflammation markers in many individuals. In young adults, early lifestyle shifts can have a powerful impact and meaningfully change long term disease trajectory.



5-10% weight loss



Less liver fat



Better metabolic health



Nourishing your body today supports a **healthier liver** tomorrow.



**SOURCES** European Association for the Study of the Liver (EASL) Clinical Practice Guidelines on MASLD, 2024  
 American Association for the Study of Liver Diseases (AASLD) Practice Guidance on MASLD, 2023  
 Harvard T.H. Chan School of Public Health – The Nutrition Source  
 Journal of Hepatology, Dietary Interventions for Nonalcoholic Fatty Liver Disease, 2022

Educational resource. Not medical advice. If you have concerns, speak with a qualified clinician.