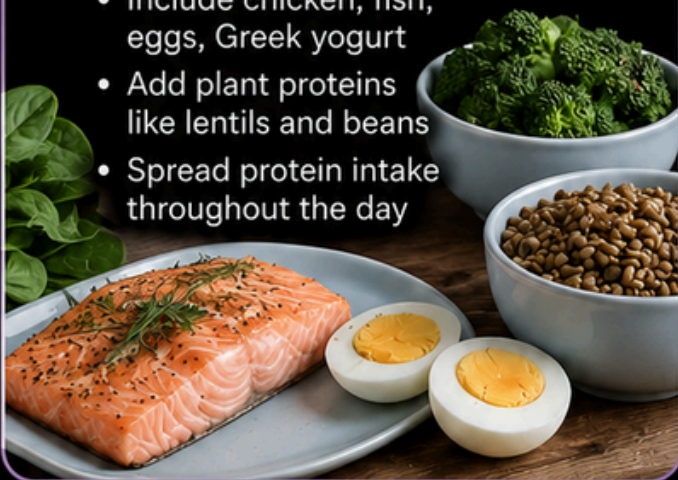


WHAT TO EAT WHEN YOU HAVE ALCOHOL-ASSOCIATED LIVER DISEASE (ALD)

Supporting liver recovery and reducing inflammation through nutrition.

Prioritize Protein

- Lean protein supports liver repair
- Include chicken, fish, eggs, Greek yogurt
- Add plant proteins like lentils and beans
- Spread protein intake throughout the day



Focus on Whole Foods

- Fresh vegetables and leafy greens
- Whole fruits in moderation
- Whole grains such as oats and brown rice
- Avoid highly processed foods



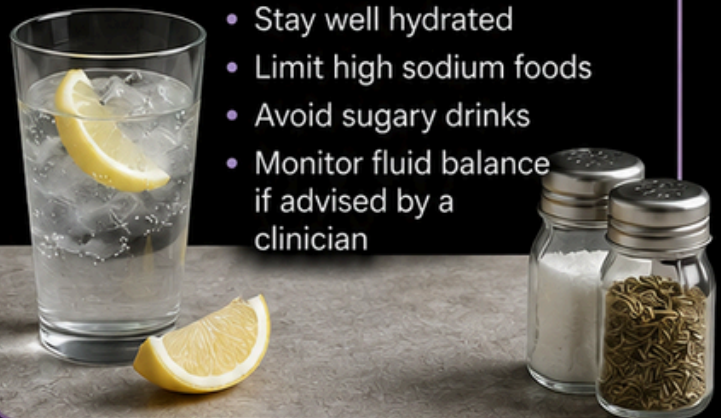
Healthy Fats Matter

- Use olive oil instead of butter
- Include nuts and seeds
- Fatty fish like salmon support anti-inflammatory balance
- Avoid trans fats and deep-fried foods



Hydration and Sodium Awareness

- Stay well hydrated
- Limit high sodium foods
- Avoid sugary drinks
- Monitor fluid balance if advised by a clinician



Proper nutrition can support liver healing when combined with **alcohol abstinence** and **medical care**.

Educational resource. Not medical advice. Speak with a qualified healthcare professional if you have concerns.

Sources: American Association for the Study of Liver Diseases (AASLD) Practice Guidance; American Association for the Study of the Liver (EASL) Clinical Practice Guidelines; National Institute on Alcohol Abuse and Alcoholism (NIAAA)