# Best and worst food for your liver if you have NASH

Non-alcoholic steatohepatitis (NASH) is a type of liver disease characterized by the accumulation of fat in the liver, inflammation, and damage to liver cells. It occurs in people who drink little or no alcohol, and is often associated with obesity, type 2 diabetes, and metabolic syndrome. NASH can progress to more severe liver damage, such as cirrhosis and liver cancer. The good part is lifestyle modifications may help manage the symptoms and slow the progression of the disease. Diet plays a crucial role in lifestyle modification.
Let us see the best and worst foods for people suffering from NASH.

## Best foods:
1. Low-glycemicindex(foods that are broken down more slowly and cause a gradual rise in blood sugar levels over time) foods such as most fruits, vegetables, and whole grains.
2. Unsaturated fats especially those containing omega-3 fatty acids. Walnuts, flaxseeds, soyabeans, salmon, etc are good sources.
3. Coffee (in moderation, 2-3 cups a day)
4. Eat plenty of vegetable protein like lentils(all types of dals),legumes like kidney beans, black beans, chickpeas beans, etc.

## Worst foods:
1. Highly sugary drinks: Like sweetened soft drinks, sports drinks, sweetened tea, and juices
2. Foods containing saturated fats and trans fat. Butter, ghee, lard, palm oil are foods with high saturated fats. Fried foods, including french fries, doughnuts and fried chicken are all examples of foods containing trans fats.
3. Red meat
4. Alcohol
5. Foods high on salt content
6. Processed grains, white flour(maida) or white rice
7. All processed package food.

Reference:
1. Eating, diet, & nutrition for NAFLD & NASH. National Institute of Diabetes and Digestive and Kidney Diseases. NIDDK | National Institute of Diabetes and Digestive and Kidney Diseases; 2022 [cited 2023 Feb 14].
2. When your liver is compromised by NASH, make it work less. Fatty Liver Foundation. [cited 2023 Feb 14].
3. NASH treatment. American Liver Foundation. 2022 [cited 2023 Feb 14].