

What's the best diet for people with fatty liver disease?

March 12, 2019 By [Lucinda K. Porter RN](#)

Non-alcoholic fatty liver disease (NAFLD) and non-alcoholic steatohepatitis (NASH) are caused by excess fat in the liver. NASH is the more serious form. [NAFLD and NASH](#) are associated with consuming foods that are high in [fat, cholesterol](#) and [sugar](#).

Recent studies reported significant improvement in NASH-related liver damage to those consuming a Mediterranean diet. This diet includes a variety of fruits, vegetables, whole grains, beans, fish and healthy fats. Losing weight and regular exercise also helped to [reduce liver damage](#).

Learn more about the Mediterranean diet and healthy eating this March during [National Nutrition Month](#).

© 2026 Smart + Strong All Rights Reserved.

<http://beta.docker.realhealthmag.com/article/best-diet-people-fatty-liver-disease>