

Foods & Ingredients to Avoid with Fatty Liver Disease

Artificial color, flavor & sweeteners
Acesulfame – L
Bromated flours
Benzoate (BHT BHA TBHQ)
Brominated vegetable oil (BVO)
Corn
Corn syrup
Carrageen
Cassia Cinnamon (grocery store variety)
Diet, low fat, fat free food products
Dairy - Low fat, fat free
Fructose - added
Gluten
GMO's
Grains (if trying to lose weight)
High fructose corn syrup (HFCS)
Honey – grocery store variety
Imitation cheeses (velveeta, kraft singles, etc)
MSG
Margarine, butter spreads, butter substitutes
Natural flavors
Oils in a spray can (ex: Pam)
Oils - soy, corn, canola, vegetable
Olestra
Polysorbate 80
Potassium sorbate / bromate / sodium / benzoate
Propylgallate
Shortening, hydrogenated and partially hydrogenated oils
Sodium Chloride (table salt and non-organic seasalt)
Soy – (non-fermented products)
Soy Lethicin
Sugar substitutes (Aspartame, splenda,sucrolose, truvia)
Sugar (white, raw, brown, etc)
Soda drinks
Sodium nitrite and nitrate
Trans - fats
White salt
White potato
White rice

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