

Traditional Diets for Metabolic Dysfunction Associated Steatotic Liver Disease (MASLD)

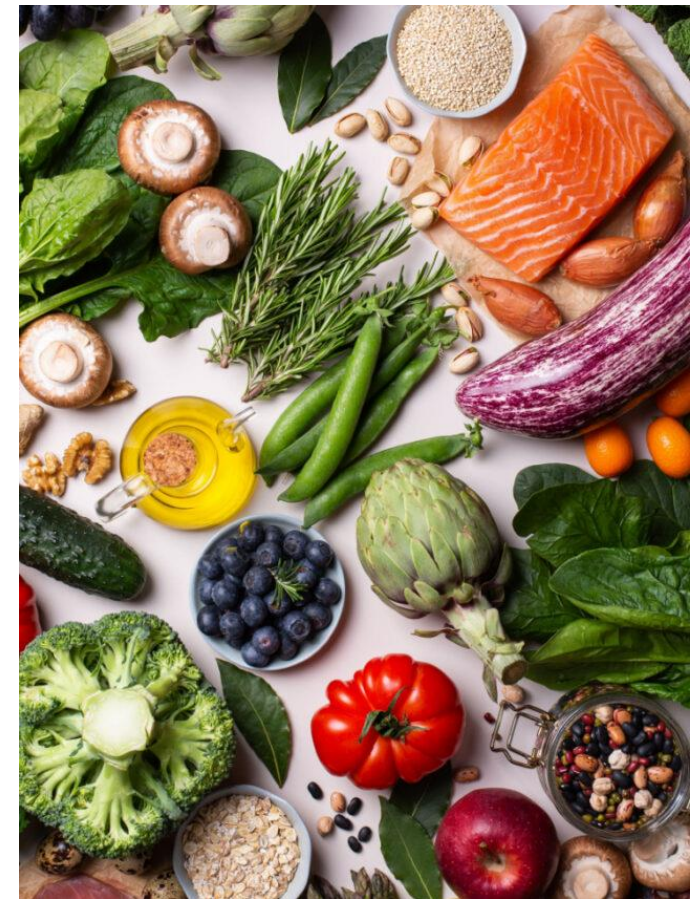
Translating principles of a Mediterranean diet

A Mediterranean diet is one of the best dietary patterns to follow for liver health. It has been shown to reduce the amount of fat in the liver, and most people find it is tasty and easy to follow. However, for some, the Mediterranean diet can be intimidating with unfamiliar foods, cooking styles and recipes.

The key principles of a Mediterranean diet can be translated to most traditional patterns of eating. Rather than relying on processed foods that have limited nutrients, traditional diets celebrate food that is seasonal, with an emphasis on preparing and enjoying meals with family and friends.

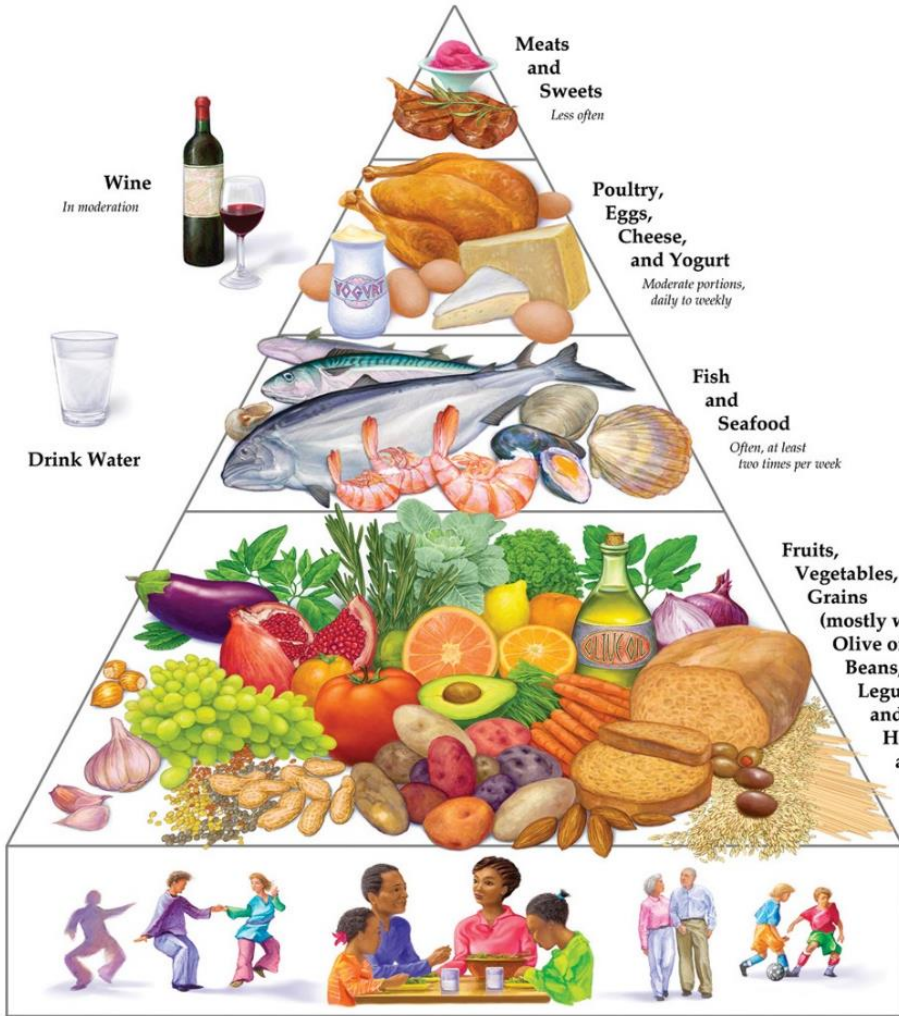
Although culturally diverse in their flavours and ingredients, almost all traditional diets are based on the same foundation of vegetables, fruits, wholegrains, pulses/legumes, nuts and seeds, and herbs and spices. Meat, seafood, and traditionally made dairy products are typically used in small amounts. Cooking fats, such as olive oil, are used to flavour vegetables, and sweet foods, such as cakes and pastries, are reserved for special occasions and not eaten every day.

Using familiar foods and recipes from our cultural traditions can make it easier to follow dietary advice, and help focus on the enjoyment of food rather than seeing it as a chore. Here we have included how the Mediterranean diet healthy eating principles for MASLD can be translated to a traditional African diet, Latin American diet, Asian diet, and vegetarian or vegan diet. For each diet there is a food pyramid and chart listing which foods should be eaten most often, moderately, and less often.



Mediterranean Diet Pyramid

••• eat most often •• eat moderately • eat less often



Vegetables & Tubers •••

artichokes, arugula, beets, broccoli, brussels sprouts, cabbage, carrots, celery, celeriac, chicory, collard cucumber, dandelion greens, eggplant, fennel, kale, leeks, lettuce, mâche, mushrooms, mustard greens, nettles, okra, onions (red, sweet, white), peas, peppers, potatoes, purslane, radishes, rutabaga, scallions, shallots, spinach, sweet potatoes, turnips, zucchini

Grains •••

bread, barley, buckwheat, bulgur, couscous, durum, farro, freekeh, millet, oats, polenta, rice, wheat berries

Poultry & Eggs ••

chicken, duck, guinea fowl, quail
chicken eggs, duck eggs, quail eggs

Fruits •••

avocados, apples, apricots, cherries, clementines, dates, figs, grapefruit, grapes, lemons, melons, nectarines, olives, oranges, peaches, pears, pomegranates, pumpkin, strawberries, tangerines, tomatoes

Fish & Seafood ••

abalone, cockles, clams, crab, eel, flounder, lobster, mackerel, mussels, octopus, oysters, salmon, sardines, sea bass, shrimp, squid, tilapia, tuna, whelk, yellowtail

Sweets •

treats made with fruits, nuts, whole grains, and minimal sugars
baklava, biscotti, crème caramel, chocolate, gelato, kunefe, lokum (Turkish delight), mousse au chocolat, sorbet

Nuts, Seeds, & Legumes •••

almonds, beans (cannellini, chickpeas, fava, green, kidney), cashews, hazelnuts, lentils, pine nuts, pistachios, sesame seeds (tahini), split peas, walnuts

Herbs & Spices •••

anise, basil, bay leaf, chiles, clove, cumin, fennel, garlic, lavender, marjoram, mint, oregano, parsley, pepper, pul biber (Aleppo pepper), rosemary, sage, savory, sumac, tarragon, thyme, za'atar

Cheese & Yogurt ••

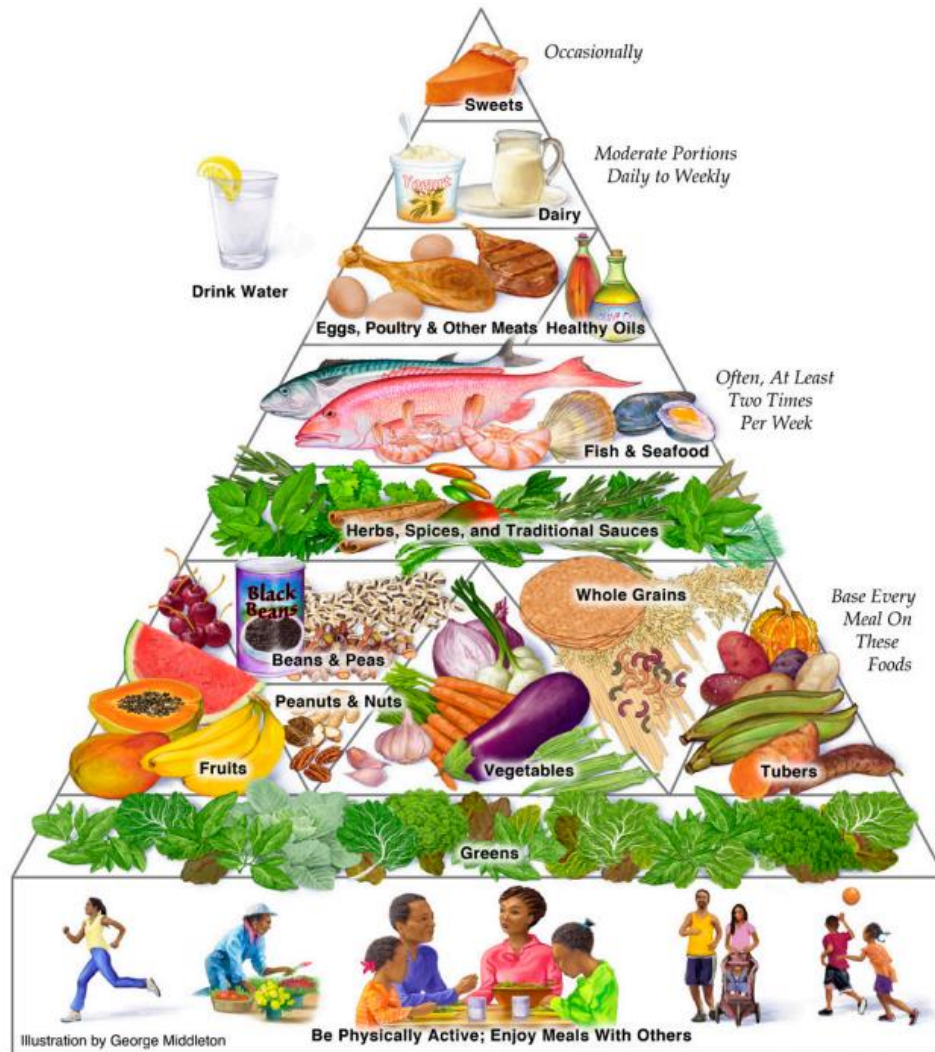
Brie, Chevre, Corvo, feta, Halloumi, Manchego, Parmigiano-Reggiano, Pecorino, ricotta
Greek yogurt

Meats •

beef, goat, lamb, mutton, pork

Illustration by George Middleton

African Heritage Diet Pyramid



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••• eat most often

•• eat moderately

• eat less often

Vegetables •••

asparagus, beets, brussels sprouts, broccoli, cabbage, carrots, cauliflower, eggplant, garlic, green beans, lettuce, long bean, okra, onions, peppers, radish, scallions, squashes, yam bean (jicama), zucchini

Beans •••

black-eyed peas, broad beans, butter beans, chickpeas, cowpeas, kidney beans, lentils, lima beans, pigeon peas

Herbs, Spices, & Sauce Ingredients •••

apple cider vinegar, annatto, arrowroot, bay leaf, cinnamon, cilantro, cloves, coconut milk, coriander, dill, ginger, mustard, nutmeg, oregano, other vinegars, paprika, parsley, peppers, sage, sesame

Poultry, Eggs, & Meat ••

chicken, chicken eggs, beef, lamb, turkey

Fruits •••

avocados, baobab, bananas, blackberries, blueberries, breadfruit, cherries, dates, dewberry, figs, grapefruit, guava, horned melon, lemons, limes, mangoes, oranges, papaya, peaches, pineapples, plantains, plums, pomegranates, pumpkin, tamarind, tomatoes, watermelon

Starches & Whole Grains •••

amaranth, barley, couscous, fonio, injera, Kamut®, maize/corn, millet (pearl, finger), rice, sorghum, teff, wild rice

Fish & Seafood ••

bream (porgy), catfish, cod, crappie, crayfish, dried fish, mackerel, mussels, oysters, perch, prawns, rainbow trout, sardines, shrimp, tuna

Oils ••

coconut oil, olive oil, palm oil, peanut oil, sesame oil, shea butter

Leafy Greens •••

beet greens, callaloo, chard, collard greens, dandelion greens, kale, mustard greens, spinach, turnip greens, watercress

Tubers •••

cassava, potatoes, sweet potatoes, yams, yucca

Nuts & Seeds •••

benne seeds, Brazil nuts, cashews, coconuts, dika nuts, groundnuts, peanuts, pecans, pumpkin seeds, sunflower seeds

Dairy ••

butter, yogurt
non-lactose: almond milk, rice milk, soy milk

Sweets •

cakes, custards, cobblers, and pies made with fruits, nuts, whole grains, and minimal sugars

Enjoy
A Healthy
Lifestyle

Latin American Diet Pyramid

La Pirámide de La Dieta Latinoamericana



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••• eat most often

•• eat moderately

• eat less often

Vegetables & Tubers •••

cabbage, carrots, cassava, chard, chayote squash, chiles, eggplant, garlic, jicama, kale, lettuce, maize/corn, nopales (cactus), onion, okra, peppers, potatoes, spinach, yams, yucca, zucchini

Fruits •••

açai, agave, avocados, bananas, breadfruit, cacao, caimito (star apple), cherimoya (custard apple), coconut, custard apples, grapefruit, guava, lemons, limes, mangoes, melons, oranges, papayas, passion fruit, pineapple, plantains, pomegranate, prickly pear, pumpkin, quince, sapote, sapodilla, soursop (guanábana), starfruit, sugarcane, tamarind, tangerines, tomatillos, tomatoes

Grains •••

arepas, amaranth, breads, maize/corn, pasta, quinoa, rice, tortillas

Herbs & Spices •••

chiles (ají, cayenne, jalapeño, guajillo, habanero, pasilla, poblano, scotch bonnet, serrano), cilantro, cinnamon, epazote, garlic, oregano, parsley

Poultry & Eggs ••

chicken, duck, goose, guinea fowl, quail, squab, turkey
chicken eggs, duck eggs, quail eggs

Cheese & Dairy ••

asadero, cotija, Minas, queso fresco, Reggianito
yogurt, crema, milk

Nuts, Seeds, & Legumes •••

almonds, Brazil nuts, beans (black, garbanzo, kidney, pinto), cashews, peanuts, pine (piñon) nuts, pecans, pumpkin seeds (pepitas)

Fish & Seafood ••

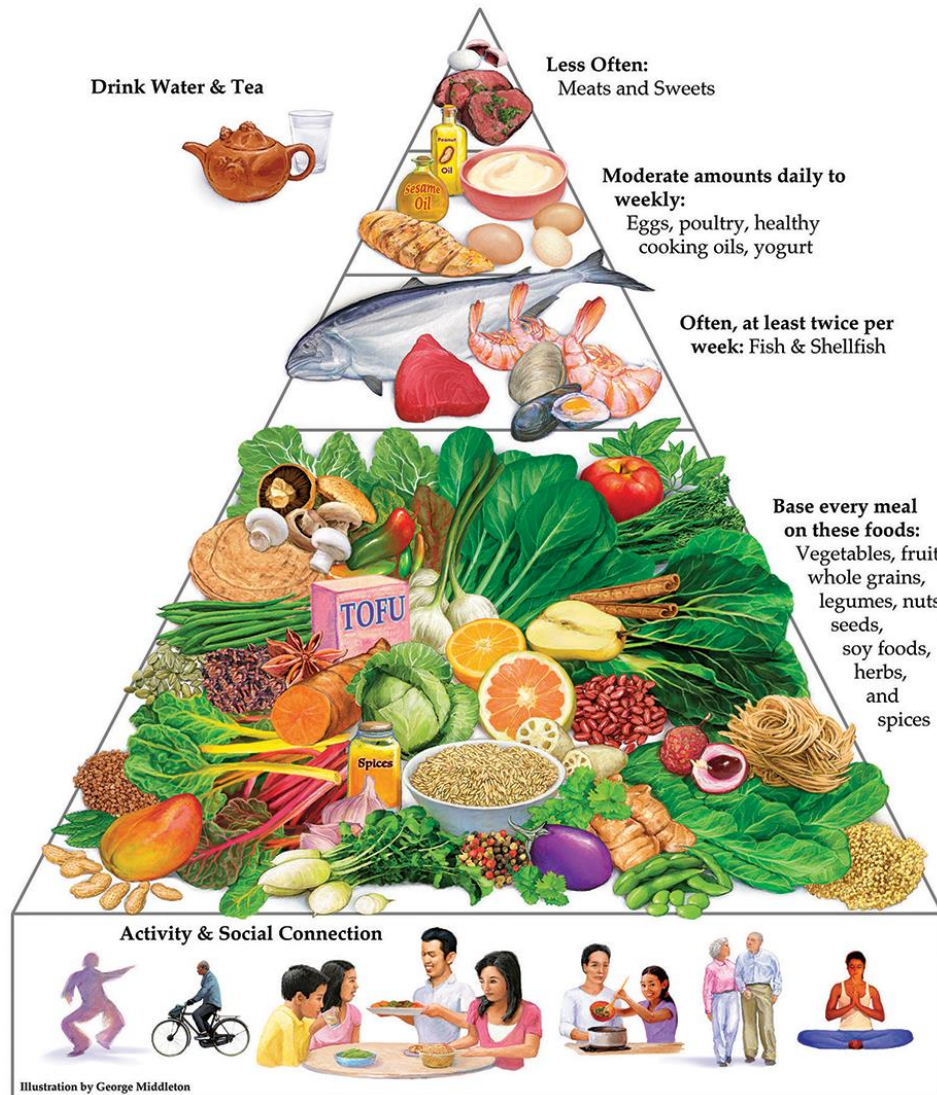
abalone, clams, cod, conch, crab, crayfish, mussels, octopus, salmon, sea bass, scallops, shrimp, squid, whelk

Meats •

beef, goat, lamb, pork

Sweets •

treats made with fruits, nuts, whole grains, and minimal sugars
arroz con leche (rice pudding), churros, flan/custard, fruit smoothies and juices, helado (ice cream),



••• eat most often

•• eat moderately

• eat less often

Vegetables & Tubers •••

bamboo shoots, bean sprouts, bitter melon, bok choy, broccoli, cabbage, carrots, daikon, eggplant, leeks, lettuce, lotus root, kale, kombu, mushrooms, mustard greens, peppers, seaweed, snow peas, spinach, sweet potatoes, taro root, turnips, water chestnuts, yams

Grains •••

barley, breads (dumplings, chapatis, mantou, naan, roti), buckwheat, millet, noodles (rice, soba, somen, udon), rice

Fish & Seafood ••

abalone, bonito, clams, cockles, crab, eel, king fish, mussels, octopus, oysters, roe, salmon, scallops, sea bass, shrimp, squid, tuna, whelk, yellowtail

Fruits •••

apricots, bananas, cherries, coconut, dates, dragon fruit, grapes, kiwifruit, kumquat, lemons, limes, longan, lychee, mandarins, mangoes, mangosteen, melons, milk fruit, oranges, papaya, pears, pineapple, plums, pumpkin, rambutan, tangerines, yuzu

Herbs & Spices •••

amchoor, asafoetida, basil (Thai), cardamom, chiles, clove, coriander, curry leaves, fennel, fenugreek, galangal, garlic, ginger, ginseng, lemongrass, makrut lime leaves, masala, mint, parsley, pepper, scallion, star anise, turmeric, wasabi

Meats •

beef, pork

Nuts, Seeds, & Legumes •••

almonds, cashews, hazelnuts, peanuts, sesame seeds
beans (adzuki, edamame, mung, soy), lentils, miso, tempeh, tofu

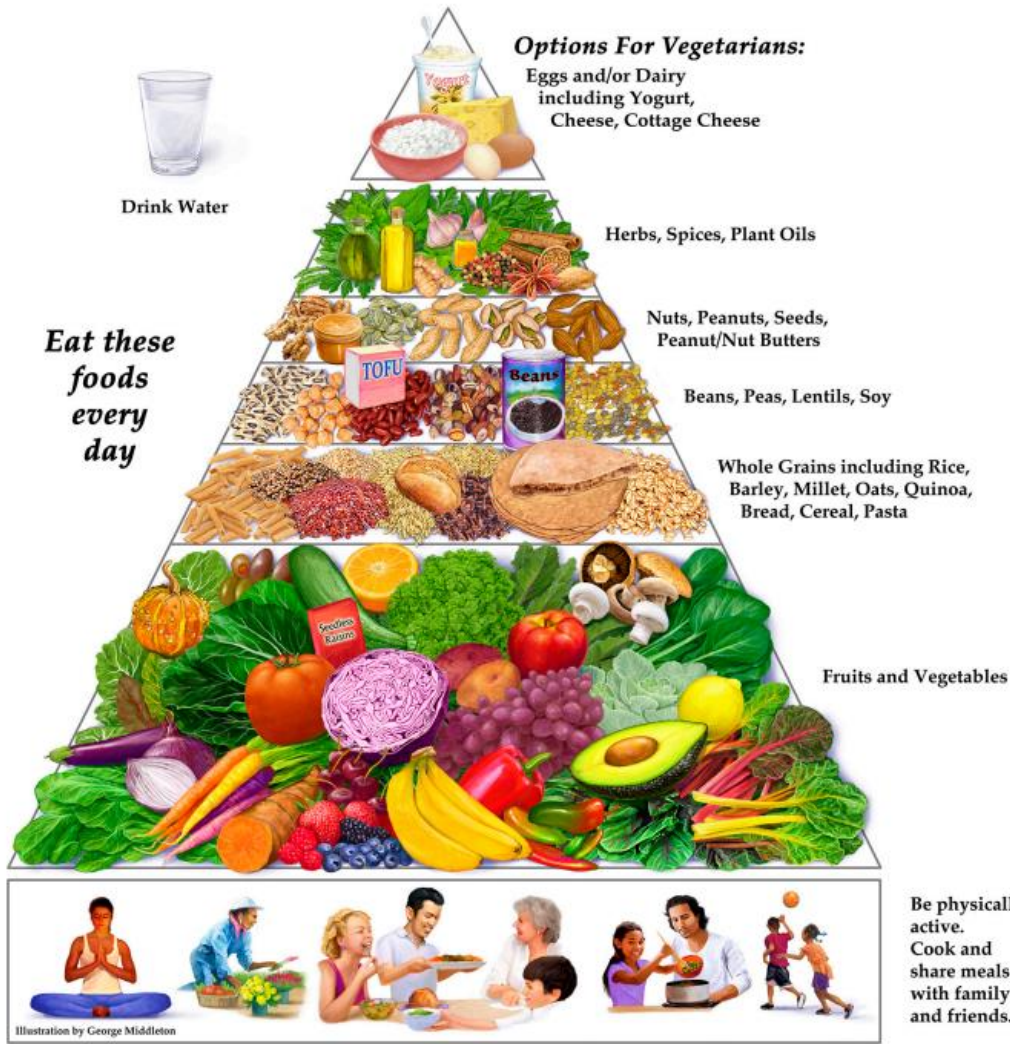
Poultry, Eggs, & Dairy ••

chicken, duck, quail
chicken eggs, duck eggs, quail eggs
ghee, paneer
yogurt (chaas, lassi)
non-lactose: almond milk, rice milk, soy milk

Sweets •

treats made with fruits, nuts, whole grains, and minimal sugars
Chinese mooncakes, Indian rice pudding, Japanese sugared sweet potatoes, Thai mango-coconut pudding

Vegetarian & Vegan Diet Pyramid



••• eat most often

•• eat moderately

• eat less often

Vegetables & Tubers •••

artichokes, arugula, beets, bok choy, broccoli, brussels sprouts, cabbage, carrots, celery, celeriac, chicory, collards, cucumber, daikon, dandelion greens, eggplant, fennel, kale, leeks, lettuce, mâche, mushrooms, mustard greens, nettles, okra, onions, peas, peppers, potatoes, purslane, radishes, rutabaga, scallions, shallots, spinach, sweet potatoes, turnips, yams, zucchini

Herbs & Spices •••

anise, asafoetida, basil, bay leaf, chiles, cilantro, clove, coriander, curry, fennel, garlic, ginger, lavender, marjoram, mint, oregano, parsley, pepper, rosemary, sage, savory, tarragon, thyme, wasabi

Fruits •••

apples, apricots, avocados, bananas, cherries, coconut, clementines, dates, figs, grapefruit, grapes, kiwifruit, oranges, melons, nectarines, olives, peaches, pears, pineapples, pomegranates, pomelos, pumpkin, strawberries, tangerines, tomatoes

Grains •••

amaranth, breads, barley, buckwheat, bulgur, couscous, durum, farro, maize, millet, noodles, oats, pasta, polenta, rice, wheatberries

Eggs, Dairy, & Soy ••

eggs & egg whites
cheeses, lowfat milk, yogurt
soy milk, soy yogurt, tempeh, tofu

Nuts, Seeds, & Legumes •••

whole nuts & nut butters: almonds, cashews, hazelnuts, macadamia nuts, peanuts, pine nuts, pistachios, tahini (sesame), walnuts
seeds: flax, pumpkin, sesame, sunflower
beans: adzuki, black, cannellini, chickpeas, fava, green, lima, kidney, mung, pinto, soy
lentils, split peas

Oils ••

avocado oil, canola oil, coconut oil, corn oil, olive oil, peanut oil, safflower oil, soybean oil

Sweets •

cookies, cakes, candies, pastries, and puddings made with fruits, nuts, whole grains, and minimal sugars