



Oily fish, Coffee and Walnuts: The role of specific dietary components ii



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**Atherosclerosis and Diet - In-Depth Report - NY Times Health**  
www.nytimes.com/health/.../nutrition/heart-disease...diet/print.h... 翻译此页

Oily fish such as salmon, mackerel, and sardines are rich in the omega-3 ... People with existing heart disease should consider taking omega-3 fatty acid ... Dietary fiber is an important component of many complex carbohydrates. ... people who can't drink moderately, and people with liver disease should not drink at all.

**Fatty Liver Diet Guide**  
fattyliverdietguide.org/ 翻译此页

Nonalcoholic liver disease is by far the number one cause of this condition. .... A fatty liver is reversible with special diet and exercise to lose excess pounds. .... Yes, cut all alcohol, and cut down on coffee and greasy, fatty foods. .... change my diet , which I have done , ie eat fish three times a week , use flaxseeds, Walnuts, ...

**Fish Oil Could Reverse Fatty Liver Disease : Real Diabetes ...**  
www.realdiabetestruth.com/fish-oil-could-reverse-fatty-liver-di... 翻译此页

2014年11月13日 - It is not caused by a high-fat diet but by processed foods that are packed with ... As fat is deposited in the liver, causing NAFLD, liver function drops. ... avocados, nuts and seeds and lean animal protein like chicken and fish, ... acids in non-alcoholic fatty liver disease: Results from the WELCOME study.

**How to Follow the Mediterranean Diet | Health | Patient.co.uk**  
www.patient.co.uk > Health Information 翻译此页

The term 'Mediterranean Diet' describes a specific mix of dietary food ... Water is the best 'non-alcoholic beverage' (as opposed to sugary drinks), although health benefits have also been claimed for various teas and coffee (see Note 3). ... Oily fish (and some shellfish) contain cardio-protective omega 3 fatty acids, vitamins A ...

**Name of Journal:** World Journal of Gastroenterology

**ESPS Manuscript NO:** 18884

**Manuscript Type:** REVIEW

**Oily fish, coffee and walnuts: Dietary treatment for nonalcoholic fatty liver disease**

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David van der Poorten

### **Abstract**

Rates of non-alcoholic fatty liver disease (NAFLD) are increasing worldwide in tandem with the metabolic syndrome, with the progressive form of disease, non-alcoholic steatohepatitis (NASH) likely to become the most common cause of end stage liver disease in the not too distant future. Lifestyle

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### Fatty Liver Diet Guide

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Diet. **Nonalcoholic liver disease** is by far the number one cause of this condition. ... Here are some suggestions for home **treatment** of **fatty liver disease**, ..... Replace with lean meats, vegetables, fruits (which have natural sugars), **fish oil**, **nuts** and beans. .... Yes, cut all alcohol, and cut down on **coffee** and **greasy, fatty foods**.

### Eating nuts and spinach could reduce the symptoms of fatty ...

[www.dailymail.co.uk/.../Eating-nuts-spinach-reduce-symptoms...](http://www.dailymail.co.uk/.../Eating-nuts-spinach-reduce-symptoms...) [翻译此页](#)

2013年4月22日 - Scientists believe that eating **foods** which are high in vitamin E ... It is the most severe form of **non-alcoholic fatty liver disease** and is a ... The best sources of vitamin E are soya, corn and olive **oil**. ... Moreover, if this is a serious **treatment**, spinach and **nuts** would probably be too 'hit and miss' to administer it!

### How to Follow the Mediterranean Diet | Health | Patient

[patient.info](http://patient.info) > Health Information [翻译此页](#)

2015年7月6日 - Adopting a Mediterranean **diet** can be easy and cheap. ... Water is the best '**non-alcoholic** beverage' (as opposed to sugary drinks), ... benefits have also been claimed for various teas and **coffee** (see Note 3). ... Also, Fish **liver** oil. ... **Oily fish** (and some shellfish) contain cardio-protective omega 3 **fatty acids**, ...

### Do You Have a Fatty Liver? 90 Million Americans Do! - Dr ...

[drhyman.com/blog/2013/09/.../fatty-liver-90-million-americans...](http://drhyman.com/blog/2013/09/.../fatty-liver-90-million-americans...) [翻译此页](#)

2014年11月21日 - It is called NALFD (**non-alcoholic fatty liver disease**) or fatty liver, ... Do you exercise, take drugs, change your **diet**, or take supplements to fix it? ... Add good oils like olive **oil**, macadamia nut **oil**, avocados, coconut butter, and **fish oil**. .... or do drugs my only vice is **coffee** six to ten cups aday with half and half .

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M Soory - *Infectious Disorders-Drug Targets (Formerly Current ...)*, 2009 - ingentaconnect.com  
 ... of **oily fish** and **fish** oil supplements are beneficial for arthri- tic patients without co-existing gout. ...  
 They are found in fruits and vegetables, particularly apples, berries, **nuts** and tea. ... capacity in  
 smokers is increased by administration of antioxidant vitamins, minerals and **fish** oil. ...  
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**The role of diet and nutritional intervention for the management of patients with NAFLD**

F Barrera, J George - *Clinics in liver disease*, 2014 - Elsevier  
 ... Whole grains (half of daily intake). • Fruits (2–4 servings/d). • **Nuts** (4 servings/wk). • Yogurts. •  
 Olive oil. • **Oily fish** (tuna, salmon mackerel, and sardines) (3.5-oz serving at least 2/wk). • Legumes  
 (4 servings/wk). • ... Wine (<1 small glass/d). • **Coffee**. • Fast **food** (least possible). • ...  
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**[HTML] Mediterranean diet and health: food effects on gut microbiota and disease control****[HTML] from mdpi.com**

F Del Chierico, P Vernocchi, B Dallapiccola... - *International journal of ...*, 2014 - mdpi.com  
 ... showed that some components of the MD (ie, total olive oil, **walnuts** and one ... as whole grains,  
 fruit, vegetables (especially leafy vegetables) [81,82], tea or **coffee**, **nuts**, milk and ... analyzed by  
 capillary gas chromatography (GC) and fluorescence in situ hybridization (**FISH**) analysis ...  
 Cited by 10 Related articles All 9 versions Cite Save More

**[BOOK] Nutrition in liver disease**

S Hamlin, J Leaper - 2009 - books.google.com  
 ... be priori- tised, within the restriction, above nutritionally poor fluids such as tea, **coffee** and juices. ...  
 15–20% monosaturates minimal trans fats Minimal refined carbohydrate, low glycaemic index  
 (GI) foods **Fish** once or twice per week with one portion being **oily** Lower saturated ...  
 Cited by 4 Related articles All 2 versions Cite Save

**[PDF] Abdominal obesity and low-grade inflammation: role of bioactive food factors in controlling inflammatory response****[PDF] from irbis-nbuu.gov.ua**

S Omelchuk, N Velikaya, V Zalessky - *Проблеми харчування*, 2013 - irbis-nbuu.gov.ua  
 ... This suggest- ed that rather than a general anti-inflammatory effect, **walnuts** may exert anti ... the  
 available data do not allow a firm con- clusion as to whether **coffee** consumption modulates ... 3)