



## Healthy Diet for Fatty Liver in Children

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### **Introduction:**

Non-alcoholic fatty liver disease (NAFLD) has become the most common cause of liver disease worldwide. It has been suggested that dietary composition plays a role in NAFLD pathogenesis; thus, changing dietary patterns may constitute a therapeutic resource even in the absence of weight reduction. The aim of this study was to identify the characteristic of suitable dietary pattern in patients with NAFLD.

### **Materials and Methods**

ISI, Medline, Scopus, Google Scholar and text books were reviewed for suitable diet in children's fatty liver.

### **Results:**

Two major dietary patterns- healthy and unhealthy- were seen. The healthy dietary pattern was associated with lower incidence of non-alcoholic fatty liver disease while the Western dietary pattern was associated with higher NAFLD. Patients with NAFLD had higher carbohydrate intake.

### **Conclusion:**

A healthy dietary pattern was associated with lower risk of NAFLD whereas a Western dietary pattern was associated with higher risk of NAFLD.

**Keywords:** Diet, Non- Alcoholic Fatty Liver Disease.

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