



NON-ALCOHOLIC FATTY LIVER DISEASE (NAFLD)

A LOW CARBOHYDRATE APPROACH

REFERENCE HANDOUT

The LCHF and 5:2 diets were more effective in reducing steatosis and body weight in patients with NAFLD than [Standard of Care], suggesting dietary advice can be tailored to meet individual preferences.'

- [Holmer et al. \(2021\)](#)



REVIEWS

Watanabe M, Tozzi R, Risi R, et al. Beneficial effects of the ketogenic diet on nonalcoholic fatty liver disease: A comprehensive review of the literature. Obesity Reviews. n/a(n/a). [doi:10.1111/obr.13024](https://doi.org/10.1111/obr.13024)

Worm N. Beyond Body Weight-Loss: Dietary Strategies Targeting Intrahepatic Fat in NAFLD. Nutrients. 2020;12(5):1316. [doi:10.3390/nu12051316](https://doi.org/10.3390/nu12051316)



TRIALS/STUDIES

Gepner Y, Shelef I, Komy O, et al. The beneficial effects of Mediterranean diet over low-fat diet may be mediated by decreasing hepatic fat content. Journal of Hepatology. 2019;71(2):379-388. [doi:10.1016/j.jhep.2019.04.013](https://doi.org/10.1016/j.jhep.2019.04.013)

Vilar-Gomez E, Athinarayanan SJ, Adams RN, et al. Post hoc analyses of surrogate markers of non-alcoholic fatty liver disease (NAFLD) and liver fibrosis in patients with type 2 diabetes in a digitally supported continuous care intervention: an open-label, non-randomised controlled study. BMJ Open. 2019;9(2):e023597. [doi:10.1136/bmjopen-2018-023597](https://doi.org/10.1136/bmjopen-2018-023597)

Unwin D, Cuthbertson D, Feinman R, Sprung V. A pilot study to explore the role of a low-carbohydrate intervention to improve GGT levels and HbA 1 c. [Diabetes in Practice Vol 4 No 3 2015.](#)

Skytte MJ, Samkani A, Petersen AD, et al. A carbohydrate-reduced high-protein diet improves HbA1c and liver fat content in weight stable participants with type 2 diabetes: a randomised controlled trial. *Diabetologia*. 2019;62(11):2066-2078.

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ADOLESCENTS AND CHILDREN

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Schwimmer JB, Ugalde-Nicalo P, Welsh JA, et al. Effect of a Low Free Sugar Diet vs Usual Diet on Nonalcoholic Fatty Liver Disease in Adolescent Boys: A Randomized Clinical Trial. *JAMA*. 2019;321(3):256-265. [doi:10.1001/jama.2018.20579](https://doi.org/10.1001/jama.2018.20579)

Goss AM, Dowla S, Pendergrass M, et al. Effects of a carbohydrate-restricted diet on hepatic lipid content in adolescents with non-alcoholic fatty liver disease: A pilot, randomized trial. *Pediatr Obes*. Published online March 4, 2020:e12630.

[doi:10.1111/ijpo.12630](https://doi.org/10.1111/ijpo.12630)



THE ROLE OF SUGAR SWEETENED BEVERAGES

Wijarnpreecha K, Thongprayoon C, Edmonds PJ, Cheungpasitporn W. Associations of sugar- and artificially sweetened soda with nonalcoholic fatty liver disease: a systematic review and meta-analysis. *QJM: An International Journal of Medicine*. 2016;109(7):461-466. [doi:10.1093/qjmed/hcv172](https://doi.org/10.1093/qjmed/hcv172)

Schwarz J-M, Noworolski SM, Erkin-Cakmak A, et al. Effects of Dietary Fructose Restriction on Liver Fat, De Novo Lipogenesis, and Insulin Kinetics in Children with Obesity. *Gastroenterology*. 2017;153(3):743-752. [doi:10.1053/j.gastro.2017.05.043](https://doi.org/10.1053/j.gastro.2017.05.043)

Chen H, Wang J, Li Z, et al. Consumption of Sugar-Sweetened Beverages Has a Dose-Dependent Effect on the Risk of Non-Alcoholic Fatty Liver Disease: An Updated Systematic Review and Dose-Response Meta-Analysis. *Int J Environ Res Public Health*. 2019;16(12). [doi:10.3390/ijerph16122192](https://doi.org/10.3390/ijerph16122192)



GENERAL RESOURCES - IMPLEMENTATION (& POSSIBLE MEDICATION REDUCTION)

Clinical Guidelines. [Society of Metabolic Health Practitioners](#). Hite et al

Low-Carbohydrate Nutrition Approaches in Patients with Obesity, Prediabetes and Type 2 Diabetes - Low Carb Nutrition - Queen's Units.










<http://eguideline.guidelinecentral.com/i/1183584-low-carb-nutrition-queens-units/0?>



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 <p>Diabetes Reversal</p> <p>N Nutrition Network 0% COMPLETE</p>	 <p>Ethics</p> <p>N Nutrition Network 0% COMPLETE</p>	 <p>Professional Training in LCHF for Nurses How Nurses can apply Ketogenic Nutrition in Clinical Practice</p> <p>N Nutrition Network \$365</p>
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