

# Oily Fish, Coffee and Walnuts: Dietary Treatment for Nonalcoholic Fatty Liver Disease

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## 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 modification and weight loss remain the main focus of management in NAFLD and NASH, however, there has been growing interest in the benefit of specific foods and dietary components on disease progression, with some foods showing protective properties. This article provides an overview of the foods that show the most promise and their potential benefits in NAFLD/NASH, specifically; oily fish/ fish oil, coffee, nuts, tea, red wine, avocado and olive oil. Furthermore, it summarises results from animal and human trials and highlights potential areas for future research.

**Keywords:** Coffee; Diet; Fish; Fish oils; Non-alcoholic fatty liver disease; Non-alcoholic steatohepatitis; Nuts; Olive oil; Red wine; Tea; Walnuts.

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