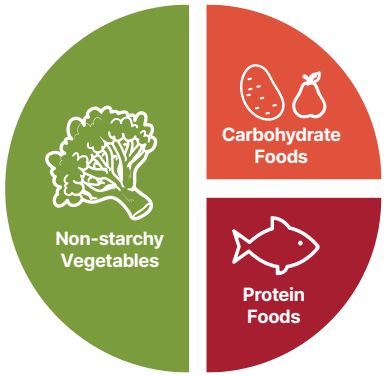
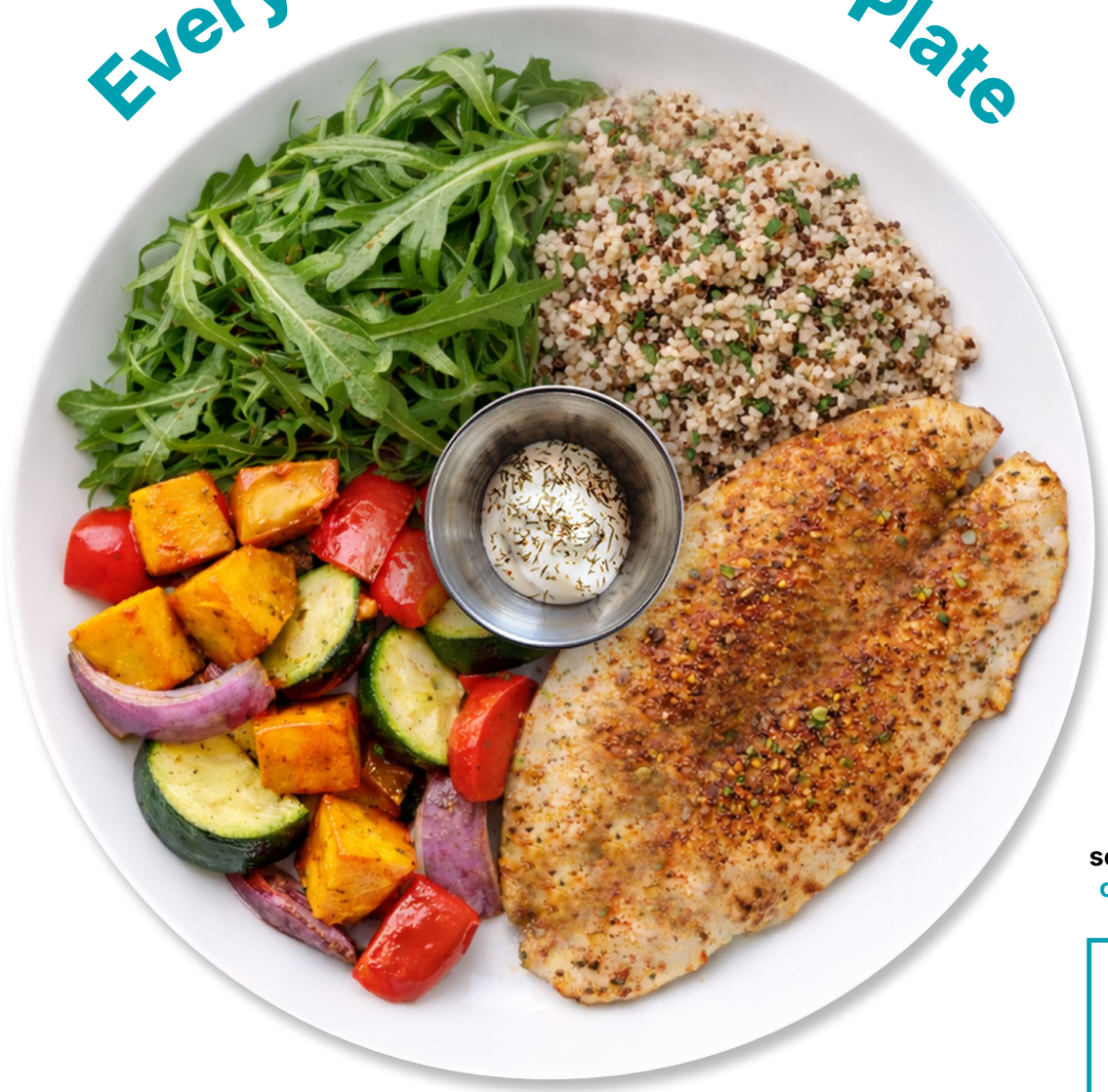
Everyday Essentials Plate



Fill half your plate with non-starchy vegetables, one quarter from lean protein foods, and the remaining quarter from quality carbohydrates like starchy vegetables, beans and legumes, fruits, whole grains, and low-fat dairy.



Water or
0-Calorie Drinks

For more information scan the QR code or visit obesityassociation.org

Use a 9-inch plate to help you serve smart portions.

Obesity Association

A division of the **American Diabetes Association®**

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Healthy Eating for Liver Health

People living with obesity, diabetes, or both are at a higher risk for developing Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD). Most people living with MASLD don't know they have it because symptoms are missed or so subtle they are not noticed. What we eat plays a very important role in our liver health. A healthy eating plan can help keep your liver healthy and help with the effects of MASLD. If you have MASLD, it's important to have an eating plan that fits your needs and will help you meet your goals.

Healthy Eating Tips

- Eating patterns that focus on vegetables, fruits, whole grains, and heart-healthy fats, such as the Mediterranean-style eating pattern, help manage liver conditions.
- Choose foods that are good sources of fiber, including whole grains, legumes, beans, and fruit. Men should usually aim for 38 grams of fiber per day and women should usually aim for 25 grams.
- Drink water or zero-calorie drinks.
- Choose sources of heart-healthy fats such as avocados, nuts, peanut and other nut butters, olives, and olive oil.
- Limit foods that are high in saturated fats, such as cream, butter, and ice cream.
- Choose foods with fewer added sugars. Limit foods with sugar, syrup, or high fructose corn syrup, like soda, candy, and packaged baked goods.
- Limit your alcohol consumption to no more than two servings per day for men, and no more than one serving for women or do not drink alcohol.

A balanced plate is key to creating healthy meals and snacks. The Everyday Essentials Plate from the Obesity Association, a division of the American Diabetes Association®, is a simple visual guide that helps increase your vegetable intake and helps you select lean proteins and quality carbohydrates (regardless of what eating pattern you use), without any counting, calculating, weighing, or measuring. Start with a standard nine-inch plate and focus on enjoying whole foods and balanced portions. Talk with your health care team about the eating plan that will address your needs and help you reach your goals.

Fill ½ of your plate with a variety of colorful non-starchy vegetables.

Examples include:

- Broccoli
- Cauliflower
- Mushrooms
- Eggplant
- Leafy greens, such as lettuce, spinach, and kale
- Green beans
- Carrots
- Okra
- Beets
- Cabbage
- Zucchini

Fill ¼ of your plate with lean proteins.

Examples include:

- Chicken
- Turkey
- Eggs
- Fish, such as salmon, tilapia, and tuna
- Tofu
- Cottage cheese
- Plant-based proteins, such as beans, lentils, hummus, tofu, tempeh, and plant-based meat alternatives*

*Some plant-based proteins also contain carbohydrates (carbs)

Fill ¼ of your plate with quality carbs.

Examples include:

- Corn
- Acorn or butternut squash
- Green peas
- Plantains
- Potatoes and sweet potatoes/yams
- Beans and legumes, such as lima beans, chickpeas, lentils, and pinto beans
- Fruit and dried fruit
- Whole grains, such as brown rice, oats, quinoa, and bulgur
- Low-fat milk or low sugar yogurt

When choosing an **eating pattern for your eating plan**, think about the foods you enjoy, your budget, and your health goals.

Examples of Eating Patterns to Try

- Mediterranean-style
- Low-fat
- Low-carbohydrate
- Dietary Approaches to Stop Hypertension (DASH)
- Eating patterns higher in lean proteins