Here is a simple and beginner-friendly explanation of a **Diet for Fatty Liver**:

**What is a Fatty Liver Diet?**

A **fatty liver diet** is a way of eating that helps **reduce fat in your liver**, improve liver function, and prevent further damage. It includes **healthy, natural foods** and avoids **unhealthy, fatty, or sugary foods**.

**Best Foods to Eat**

**1. Vegetables and Fruits**

* Eat more **green leafy vegetables** like spinach, broccoli, and cabbage.
* Add **fresh fruits** like apples, oranges, and berries.
* They are **low in fat and high in fiber**, which is good for your liver.

**2. Whole Grains**

* Choose **brown rice, oats, whole wheat bread**, and **millets**.
* They give **energy and fiber** without adding fat.

**3. Lean Proteins**

* Eat **chicken (without skin), fish (like salmon), eggs (mainly white)**, **tofu** and **lentils**.
* These help **repair liver cells** and **build strength**.

**4. Healthy Fats**

* Use **olive oil** or **mustard oil** in small amounts.
* Eat **nuts (like almonds, walnuts)** and **seeds (like flaxseeds, chia seeds)** for good fat.

**5. Water**

* Drink plenty of **water** every day. Aim for **6–8 glasses a day**
* Water helps to **flush out toxins** from the liver.

**Foods to Avoid**

**1. Sugary Foods and Drinks**

* Avoid **sweets, cakes, chocolates**, and **soft drinks**.
* They **increase fat in the liver** quickly.

**2. Fried and Fast Foods**

* Stay away from **chips, burgers, pizza, samosas and pakoras**.
* These are **high in unhealthy fat** and damage the liver.

**3. White Bread and White Rice**

* These are **refined carbs** and can raise **blood sugar and fat**.
* Use **whole grains instead**.

**4. Red Meat**

* Avoid **mutton, beef, and pork**.
* These have **more fat** and are harder for the liver to digest.

**5. Alcohol**

* **Do not drink alcohol**, even small amounts.
* Alcohol is very harmful for fatty liver.

**Processed and Packaged Foods**

* Avoid **instant noodles, biscuits, chips**, and **ready-made meals**.
* These contain **salt, sugar, and unhealthy fats**.

**Simple Tips for a Fatty Liver Diet**

* **Eat small meals** throughout the day.
* **Avoid eating late at night**.
* **Do not skip breakfast**.
* Choose **fresh, home-cooked food**.
* **Read food labels** and avoid high sugar or fat content.

**In Simple Words**

A good diet for fatty liver means **more vegetables, fruits, whole grains, and lean protein**, and **less sugar, fat, and alcohol**.

**Healthy food = Healthy liver.** Start small, and stick to it every day.