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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