



# A NASH-FRIENDLY DIET, ACTUALLY

Use this shopping list to get started on your NASH-friendly diet. Don't see some of your favorite NASH-friendly foods? Add them using the blank spaces at the bottom!



## VEGETABLES (LEAFY GREENS PREFERRED)

- |                                  |   |
|----------------------------------|---|
| Spinach <input type="checkbox"/> | <input type="checkbox"/> Broccoli       |
| Kale <input type="checkbox"/>    | <input type="checkbox"/> Arugula        |
| Carrots <input type="checkbox"/> | <input type="checkbox"/> Collard greens |



## FRUITS

- |                                    |                                  |
|------------------------------------|----------------------------------|
| Tomatoes <input type="checkbox"/>  | <input type="checkbox"/> Oranges |
| Cucumbers <input type="checkbox"/> | <input type="checkbox"/> Grapes  |
| Berries <input type="checkbox"/>   | <input type="checkbox"/> Melons  |
| Apples <input type="checkbox"/>    | <input type="checkbox"/> Peaches |
| Avocados <input type="checkbox"/>  |                                  |



## BEANS, NUTS & SEEDS (NO-SALT OR LOW-SALT)

- |                                       |                                       |
|---------------------------------------|---------------------------------------|
| Lentils <input type="checkbox"/>      | <input type="checkbox"/> Walnuts      |
| Chickpeas <input type="checkbox"/>    | <input type="checkbox"/> Almonds      |
| Green beans <input type="checkbox"/>  | <input type="checkbox"/> Sesame seeds |
| Kidney beans <input type="checkbox"/> | <input type="checkbox"/> Pistachios   |



## GRAINS

- |  |                                     |
|--|-------------------------------------|
| Whole-grain bread <input type="checkbox"/> | <input type="checkbox"/> Brown rice |
| Oatmeal <input type="checkbox"/>           | <input type="checkbox"/> Quinoa     |



## FISH

- |                                   |                                   |
|-----------------------------------|-----------------------------------|
| Tuna <input type="checkbox"/>     | <input type="checkbox"/> Sardines |
| Salmon <input type="checkbox"/>   | <input type="checkbox"/> Trout    |
| Mackerel <input type="checkbox"/> | <input type="checkbox"/> Pollock  |
| Herring <input type="checkbox"/>  |                                   |



## OTHER & ADDITIONAL ITEMS

- |                                    |                                    |
|------------------------------------|------------------------------------|
| Olive oil <input type="checkbox"/> | <input type="checkbox"/> Plant oil |
| <input type="checkbox"/>           | _____                              |
| <input type="checkbox"/>           | _____                              |
| <input type="checkbox"/>           | _____                              |
| <input type="checkbox"/>           | _____                              |

Talk with your doctor or liver specialist before making any changes to your diet or lifestyle.

Wondering what to make with all of this NASH-friendly food? Find healthy, NASH-friendly recipes at [NASHactually.com](https://NASHactually.com)

