



I have fatty liver disease, and my doctor has me on a special diet. Can I break my diet during the holidays?

December 10, 2019 By [Lucinda K. Porter RN](#)

[Fatty liver disease](#) is caused by excess fat buildup in the liver, which can lead to inflammation. The less severe form is called non-alcoholic fatty liver disease (NAFLD). If NAFLD progresses and damages liver cells, the condition is called non-alcoholic steatohepatitis (NASH).

Your doctor likely suggested a diet low in saturated fats and sugar. Presumably, you were advised to avoid alcohol and foods with a high-glycemic index, such as white bread and potatoes. Regular exercise and losing excess weight are often recommended.

It can be hard to maintain a strict diet, especially during special occasions. Ask your doctor to refer you to a registered dietitian or nutritionist. These specialists have tips and tools that can help people who have special dietary needs but who don't want to feel hungry or deprived. For instance, maybe you can have a bite or two of your favorite foods without going completely off track. With good guidance, it's possible to make healthy changes and still enjoy some favorite foods.

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<http://beta.docker.hepmag.com/article/fatty-liver-disease-doctor-special-diet-can-break-diet-holidays>