



Eating Well for Fatty Liver Disease

Class Handouts

The handouts listed below may be used during the class. Click on the names to view them. We encourage you to review the handouts before the class and write down questions you have.

- [Cooking Without the Salt](#)
- [Label Reading the Healthy Way](#)
- [Tips to Spend Less Money on Food](#)

These handouts are not available online and will be emailed to registered class participants.

- Health Eating Guidelines for MASLD



<https://www.ahs.ca/info/Page16878.aspx>



**Nutrition
Services**

Essential partners
in health



**Primary Care
Alberta**

Alberta Healthy Living
Program

Updated September 17, 2025