- **22-year-old male**

- **Hepatosplenomegaly, Class 3 severe obesity BMI of 60, MASLD**

- **ALT 120 (H)   AST 56 (H)**

- **Works afternoon shift, lives with parents**

- **Diet consists mainly of frozen convenience foods or fast food. Dislikes all cooked vegetables but will eat many raw vegetables.**
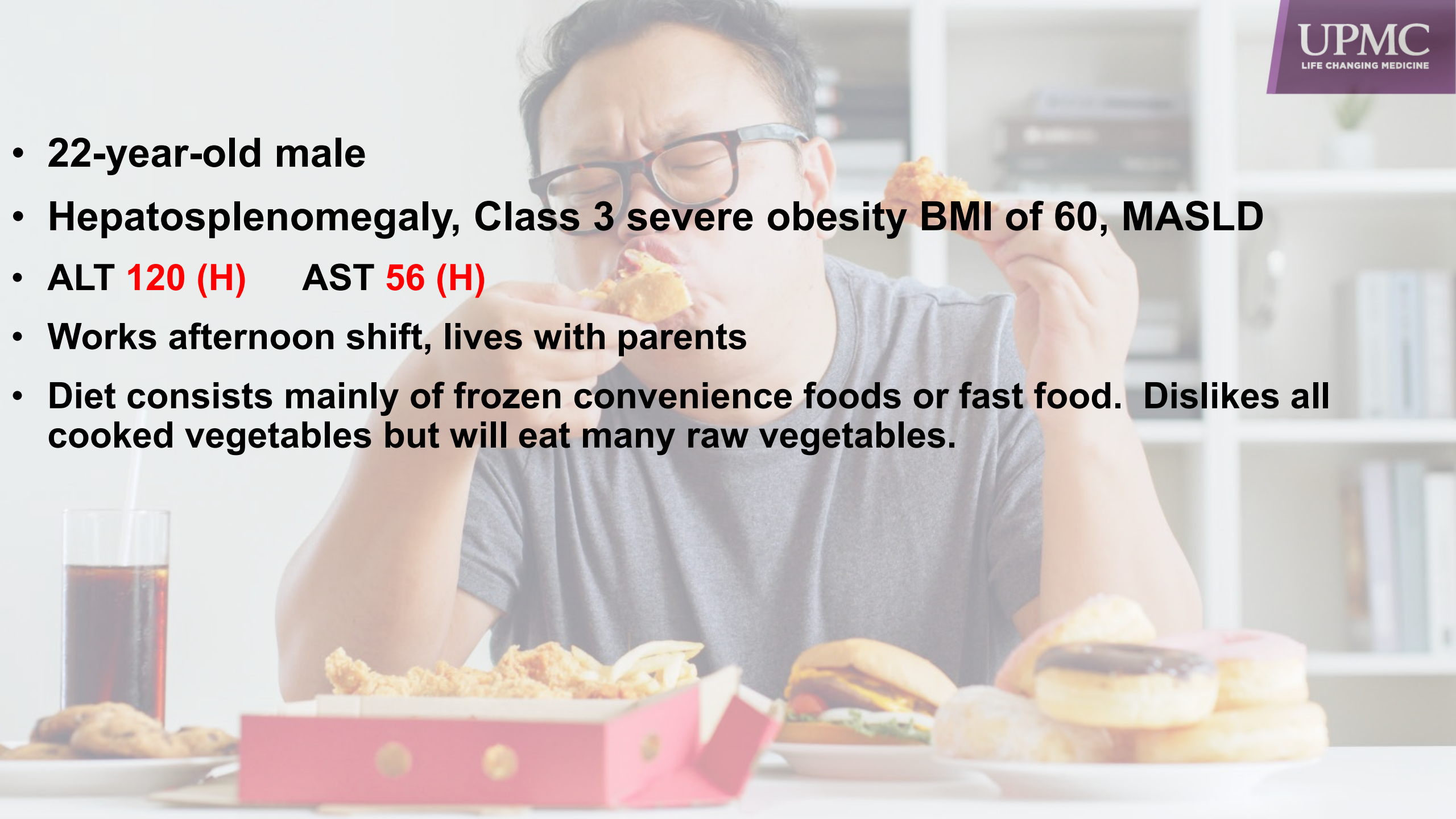
63 yo male

Alcoholic cirrhosis of liver with ascites

Sarcopenia

ALT 120 (H) AST 56 (H)

BMI 26.5 unintentionally lost 10 lb in 2 months

On Questran and lactulose

Waiting for transplant

Does not like to cook for himself. Does not like leftovers. Decreased appetite. Does not know what he wants to eat until it is meal-time. Still uses convenience foods.

50 -year-old married female
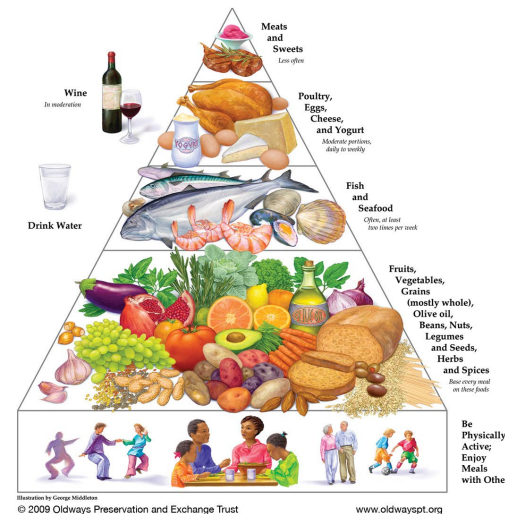
Obese - BMI 32, MASLD

ALT 120 (H)   AST 56 (H)

Asking about what diet to follow – Mediterranean, Keto, Intermittent fasting

Eats out frequently, dislikes cooking, busy with kid's activities after work, no exercise

65-year-old female

MASH, Obese – BMI 35, Diabetes mellitus type 2

ALT 50 AST 47 ALK PHOS 145 GGTP 136

TOTAL BILI 0.8

Beverages: Switched to flavored water sweetened with Stevia daily, does not like plain water. She previously drank regular Coke and whole milk

Dining Out: 3-4 x/week - McDonalds - fish sandwiches, fast foods

Sweets/desserts: Daily - candy, snack cakes

Alcohol: 2 - 3 cans of beer per week

Female 68 yo

NASH, Depression, Type 2 diabetes, Obese BMI 40

No regular physical activity

Enjoys sweets, occasional alcohol

Lacks motivation to plan and prep meals so relies on convenience items

Unable to keep pt focused on discussion and obtain clear picture of actual food intake and beverage intake