

# Healthy Liver Foods List

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**Age:** 16

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This list is designed to help you incorporate foods into your diet that support liver health. Please consult with your healthcare professional before making any significant changes to your diet.

Fruit and Vegetables	
Item	Amount
<input checked="" type="checkbox"/> Apples	2 per week
<input checked="" type="checkbox"/> Berries (blueberries, cranberries, raspberries)	1 cup daily
<input checked="" type="checkbox"/> Citrus fruits (oranges, lemons, grapefruits)	1 per day
<input checked="" type="checkbox"/> Grapes	1 cup twice a week
<input checked="" type="checkbox"/> Avocados	1 a week
<input checked="" type="checkbox"/> Other fruits: Pears, kiwis	1 pear per week, 2 kiwis per week
<input checked="" type="checkbox"/> Broccoli	1 cup 3x a week
<input checked="" type="checkbox"/> Cauliflower	1 cup 3x a week
<input checked="" type="checkbox"/> Beetroot	half a cup twice a week
<input checked="" type="checkbox"/> Leafy green vegetables (spinach, kale, lettuce) spinach, kale	1 cup twice a week for each

Whole Grains	
Item	Amount
<input checked="" type="checkbox"/> Brown rice	1 cup 4x a week
<input type="checkbox"/> Oats	
<input checked="" type="checkbox"/> Quinoa	1 cup 4x a week
<input type="checkbox"/> Barley	
<input type="checkbox"/> Whole wheat bread	
<input type="checkbox"/> Other grains:	
Lean Proteins	
Item	Amount
<input checked="" type="checkbox"/> Chicken (skinless)	4 oz twice a week
<input checked="" type="checkbox"/> Turkey (skinless)	4 oz twice a week
<input checked="" type="checkbox"/> Fish (salmon, mackerel, sardines): salmon, mackerel	both 4 oz twice a week
<input type="checkbox"/> Tofu	
<input checked="" type="checkbox"/> Eggs	2 per week
<input checked="" type="checkbox"/> Other proteins: greek yogurt (non-fat)	1 cup 3x a week

Nuts and Seeds	
Item	Amount
<input checked="" type="checkbox"/> Walnuts	1/4 cup twice a week, only if you're sure you're not allergic to tree nuts
<input checked="" type="checkbox"/> Almonds	1/4 cup twice a week, only if you're sure you're not allergic to tree nuts
<input type="checkbox"/> Flaxseeds	
<input type="checkbox"/> Chia seeds	
<input type="checkbox"/> Sunflower seeds	
<input checked="" type="checkbox"/> Other nuts and seeds: pumpkin seeds	1/4 cup twice a week
Healthy Fats	
Item	Amount
<input checked="" type="checkbox"/> Olive oil	1 tbsp daily
<input checked="" type="checkbox"/> Coconut oil	1 tbsp daily
<input checked="" type="checkbox"/> Avocado oil	1 tbsp daily
<input checked="" type="checkbox"/> Other fats: canola oil, sesame oil	1 tbsp a day for canola oil, 1 tbsp 2x a week for sesame oil
Beverages	
Item	Amount
<input checked="" type="checkbox"/> Water	8 glasses daily
<input checked="" type="checkbox"/> Green tea	1 glass daily

Item	Amount
<input checked="" type="checkbox"/> Herbal teas	1 glass daily
<input checked="" type="checkbox"/> Other beverages: coffee, almond milk (unsweetened)	1 cup of coffee max daily, 1 cup of almond milk daily if you're really not allergic to tree nuts
<b>Herbs and Spices</b>	
Item	Amount
<input checked="" type="checkbox"/> Turmeric	1/2 tsp daily
<input checked="" type="checkbox"/> Garlic	1 clove daily
<input checked="" type="checkbox"/> Ginger	1/2 tsp daily
<input checked="" type="checkbox"/> Cinnamon	1/2 tsp daily
<input checked="" type="checkbox"/> Other herbs and spices: rose mary, thy, basil, oregano, parsley	each about 1/2 tsp daily

### Additional Grocery Items

Rice cakes  
Gluten-free cereal  
Rice milk  
Unsweetened applesauce

### Reminders and Notes

Avoid gluten-containing grains due to celiac disease.  
Limit sugar and unhealthy fats to manage weight.  
Be mindful of portion sizes to avoid overeating.  
Stay hydrated and include fiber-rich foods for digestion.  
Consult with dietitian before making any significant dietary changes.