

# Healthy Liver Foods List

| Date:  |   |
|--|---|
| Name:  | Age:  |
| Relevant medical information:  |   |
|  |   |
| Diet considerations (allergies, preferences, etc.):  |   |
|  |   |
| Fruit  | Vegetables  |
| <ul style="list-style-type: none"><li>• Apples</li><li>• Berries (e.g. blueberries, cranberries, raspberries, etc.)</li><li>• Citrus fruits (e.g. oranges, lemons, grapefruits, etc.)</li><li>• Grapes</li><li>• Avocados</li><li>• Other:</li></ul> | <ul style="list-style-type: none"><li>• Broccoli</li><li>• Carrots</li><li>• Tomatoes</li><li>• Asparagus</li><li>• Spinach</li><li>• Potatoes</li><li>• Other:</li></ul>                       |
| Notes:   | Notes:  |
|  |   |
| Whole grains   | Proteins  |
| <ul style="list-style-type: none"><li>• Brown rice</li><li>• Oats</li><li>• Quinoa</li><li>• Barley</li><li>• Whole wheat bread</li><li>• Other:</li></ul>   | <ul style="list-style-type: none"><li>• Chicken (skinless)</li><li>• Eggs</li><li>• Fish (salmon, sardines, mackerel, trout)</li><li>• Lean beef pork</li><li>• Lamb</li><li>• Other:</li></ul> |
| Notes:   | Notes:  |
|  |   |

| Nuts and seeds   | Oils or healthy fats   |
|--|--|
| <ul style="list-style-type: none"> <li>• Walnuts</li> <li>• Almonds</li> <li>• Flaxseeds</li> <li>• Sesame seeds</li> <li>• Sunflower seeds</li> <li>• Other:</li> </ul> | <ul style="list-style-type: none"> <li>• Olive</li> <li>• Canola</li> <li>• Soybean</li> <li>• Sesame</li> <li>• Other:</li> </ul>       |
| Notes:   | Notes:   |
|  |  |
| Beverages  | Legumes  |
| <ul style="list-style-type: none"> <li>• Water</li> <li>• Green tea</li> <li>• Fruit and vegetable juices</li> <li>• Other:</li> </ul>                                   | <ul style="list-style-type: none"> <li>• Chickpeas</li> <li>• Pinto beans</li> <li>• Lentis (brown and red)</li> <li>• Other:</li> </ul> |
| Notes:   | Notes:   |
|  |  |
| Additional notes   |  |
|  |  |

Canadian Liver Foundation. (n.d.). *Liver-healthy shopping guide*. [https://www.liver.ca/wp-content/uploads/2018/04/livertips\\_eating.pdf](https://www.liver.ca/wp-content/uploads/2018/04/livertips_eating.pdf)

Liver Foundation. (2023). *Eating for your liver - liver foundation*. <https://liver.org.au/living-well/eating-for-your-liver/>