

Healthy Liver Foods List

Name:

Age:

Date:

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 type="checkbox"/> Apples	
<input type="checkbox"/> Berries (blueberries, cranberries, raspberries)	
<input type="checkbox"/> Citrus fruits (oranges, lemons, grapefruits)	
<input type="checkbox"/> Grapes	
<input type="checkbox"/> Avocados	
<input type="checkbox"/> Other fruits:	
<input type="checkbox"/> Broccoli	
<input type="checkbox"/> Cauliflower	
<input type="checkbox"/> Beetroot	
<input type="checkbox"/> Leafy green vegetables (spinach, kale, lettuce)	

Whole Grains	
Item	Amount
<input type="checkbox"/> Brown rice	
<input type="checkbox"/> Oats	
<input type="checkbox"/> Quinoa	
<input type="checkbox"/> Barley	
<input type="checkbox"/> Whole wheat bread	
<input type="checkbox"/> Other grains:	
Lean Proteins	
Item	Amount
<input type="checkbox"/> Chicken (skinless)	
<input type="checkbox"/> Turkey (skinless)	
<input type="checkbox"/> Fish (salmon, mackerel, sardines):	
<input type="checkbox"/> Tofu	
<input type="checkbox"/> Eggs	
<input type="checkbox"/> Other proteins:	

Nuts and Seeds	
Item	Amount
<input type="checkbox"/> Walnuts	
<input type="checkbox"/> Almonds	
<input type="checkbox"/> Flaxseeds	
<input type="checkbox"/> Chia seeds	
<input type="checkbox"/> Sunflower seeds	
<input type="checkbox"/> Other nuts and seeds:	
Healthy Fats	
Item	Amount
<input type="checkbox"/> Olive oil	
<input type="checkbox"/> Coconut oil	
<input type="checkbox"/> Avocado oil	
<input type="checkbox"/> Other fats:	
Beverages	
Item	Amount
<input type="checkbox"/> Water	
<input type="checkbox"/> Green tea	

Item	Amount
<input type="checkbox"/> Herbal teas	
<input type="checkbox"/> Other beverages:	
Herbs and Spices	
Item	Amount
<input type="checkbox"/> Turmeric	
<input type="checkbox"/> Garlic	
<input type="checkbox"/> Ginger	
<input type="checkbox"/> Cinnamon	
<input type="checkbox"/> Other herbs and spices:	

Additional Grocery Items
Reminders and Notes