

Healthy Liver Foods List

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

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

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