

## Liver-Healthy Shopping Guide



### Liver Health & Nutrition

- The liver is the body's most efficient battery, it powers our body by storing & releasing energy.
- The liver plays a key role in converting the food we eat into the chemicals essential for life.
- It is very important to make liver healthy food choices to optimize our liver health.
- There is *no* specific liver diet, but these general guidelines can promote the best liver functioning.

### Canadas Food Guide Recommendations

- Canada's Food Guide to Healthy Eating <https://food-guide.canada.ca/en/>
- Choose a variety of foods from all four groups of the *Canada's Food Guide* when planning meals.
- Eat a variety of healthy foods each day, foods high in protein, whole grain products and drink water.
- Wash fruit and vegetables right before use to remove pesticides. Avoid washing too far ahead to reduce sweating/spoilage.
- Focus on lower fat food choices within each of the four food groups outlined in the food guide.

### Other Nutrition Guidelines


- Eat regular small meals and do not skip meals or overeat during meals throughout the day.
- Eat at least 2 servings from the meat and alternatives food group (meat, fish, peanut butter, beans).
- Always aim to drink 6 to 8 glasses of fluid a day, preferably being water as your drink of choice.
- Avoid alcohol or if drinking, do not have more than 1 to 2 drinks per occasion, never daily basis.



### Liver Healthy Eating Tips

- Limit highly processed foods. If you choose these foods, eat them less often and in small amounts.
- Eat plenty of vegetables and fruits, whole grain foods and protein foods. Choose protein foods that come from plants more often.
- Compare the nutrition facts table on foods to choose products that are lower in sodium, sugars or saturated fat.
- Consult with doctor if taking vitamin supplements.

**Liver-Healthy Food Choices**

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| <p><b>Vegetables</b></p>                  | <p>Leafy Greens<br/>Cabbage<br/>Kale<br/>Spinach<br/>Bok Choy<br/>Broccoli<br/>Carrots<br/>Peppers<br/>Tomatoes</p> | <p>Brussel Sprouts<br/>Romaine Lettuce<br/>Cucumbers<br/>Asparagus<br/>Green Peas<br/>Potatoes<br/>Yams<br/>Seaweeds</p>             |
| <p><b>Fruits</b></p>                     | <p>Berries<br/>Strawberries<br/>Pears<br/>Oranges<br/>Apples<br/>Peaches<br/>Pineapple<br/>Grapes<br/>Papaya</p>    | <p>Mangoes<br/>Citrus Fruits<br/>Canned Fruits<br/>Avocado<br/>Olives<br/>Cantaloupe<br/>Watermelon<br/>Kiwis<br/>Honeydew Melon</p> |
| <p><b>Legumes</b></p>                   | <p>Green Split Peas<br/>Yellow Split Peas<br/>Red Lentils<br/>Brown Lentils<br/>Chickpeas<br/>Kidney Beans</p>      | <p>Black Beans<br/>Pinto Beans<br/>Green Lentils<br/>Yellow Lentils<br/>Black Lentils<br/>Beluga Lentils</p>                         |
| <p><b>Meat, Eggs &amp; Seafood</b></p>  | <p>Chicken<br/>Lamb<br/>Eggs<br/>Lean Cuts<br/>Lean Beef<br/>Lean Pork<br/>Lean Lamb<br/>Turkey</p>                 | <p>Tuna<br/>Salmon<br/>Sardines<br/>Mackerel<br/>Trout<br/>Char<br/>Herring<br/>Shellfish</p>  |

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| <p><b>Nuts and Seeds</b></p>  <p><i>Nut allergies are common in Canada. It is important to be careful and to read food labels. Choose dry roasted nuts and seeds without added: sugars, fat (oils), sodium (salt), peanut butter or other nut butters that list peanuts or nuts as the only ingredient.</i></p>  | <p>Brazil Nuts<br/>Almonds<br/>Cashews<br/>Walnuts<br/>Hazelnuts<br/>Dried Nuts</p> <p><i>Choose ones with little to no added: sodium, sugars, trans and saturated fats.</i></p>  | <p>Linseed<br/>Sunflower Seeds<br/>Sesame Seeds<br/>Pecans<br/>Peanuts<br/>Flaxseed</p>  |
| <p><b>Whole Grain Foods</b></p>  <p><i>Some grain foods can have a lot of added sodium, sugars or saturated fat. These include foods like breads, muffins, crackers, or pasta dishes.</i></p> <p><i>Read the ingredient list and choose foods that have the words "whole grain" followed by the name of the grain as one of the first ingredients:</i></p> <ul style="list-style-type: none"> <li>• whole grain oats</li> <li>• whole grain wheat</li> </ul> | <p>Whole grain pasta<br/>Whole grain bread<br/>Whole oats/oatmeal<br/>Whole grain brown rice<br/>Whole grain wild rice<br/>Couscous<br/>Amaranth<br/>Kamut</p> <p><i>Make sure your choices are actually whole grain. Whole wheat and multi-grain foods may not be whole grain. Some foods may look like they are whole grain because of their colour, but they may not be.</i></p> | <p>Quinoa<br/>Buckwheat<br/>Barley<br/>Bran<br/>Rye<br/>Pumpnickel bread<br/>Stone Ground bread<br/>Sourdough bread</p> <p><i>Whole wheat foods are not whole grain but can still be a healthy choice as they contain fibre.</i></p> |

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| <p><b>Dairy &amp; Beverages</b></p>    | <p>Lower Fat Milk<br/>           Reduced Fat Milk<br/>           Almond Milk<br/>           Oat Milk<br/>           Rice Milk<br/>           Fortified Soy Milk</p> <p><i>For plant-based beverages such as almond, oat and rice milks, it is recommended to check food labels on these products to ensure they are "vitamin D fortified".</i></p> | <p>Spring Water<br/>           Distilled Water<br/>           Filtered Water<br/>           Coffee<br/>           Green Tea<br/>           100% Juices</p> |
| <p><b>Oils &amp; Fats</b></p>  <p><i>Fat is an important part of our diet, but it is important to remember that any fat or oil, including the ones on this list, may be harmful when consumed in excess. Choose mostly heart-healthy oils and try to limit the number of foods with saturated and trans fats.</i></p> | <p>Olive Oil<br/>           Flaxseed Oil<br/>           Avocado Oil<br/>           Safflower Oil<br/>           Sesame Oil<br/>           Sunflower Oil</p>  | <p>Peanut Oil<br/>           Corn Oil<br/>           Canola Oil<br/>           Unsalted non-hydrogenated margarine</p>                                     |

The 'Liver-Healthy Shopping Guide' is not an exhaustive list of healthy food choices, nor is it meant to replace the advice of your health care provider or a registered dietitian. If you have a specific health condition or are looking for nutritional counseling, please consult with your health care provider. To find a dietitian in your area, visit [www.dietitians.ca](http://www.dietitians.ca) and search under 'Find a Dietitian' or call your local public health department, hospital or community health centre.

For more information on liver health, please contact the Liver Canada at 1-800-563-5483 or visit [www.liver.ca](http://www.liver.ca)

References and Additional Resources:  
[Canada's Food Guide](#)  
[Dietitians of Canada – Unlock Food](#)

*This information is current for June 2021.*