

Liver Healthy Shopping Guide

Liver Health and 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.

Canada's 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

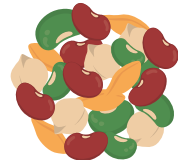
- Eat regular small meals and do not skip meals or overeat during meals throughout the day.
- Eat at least 2 servings from the meat and alternatives food group (meat, fish, peanut butter, beans).
- Always aim to drink 6 to 8 glasses of fluid a day, preferably being water as your drink of choice.
- Avoid 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

Vegetables 	• Leafy Greens • Cabbage • Kale • Spinach • Bok Choy • Broccoli • Carrots • Peppers • Tomatoes • Brussel Sprouts • Romaine Lettuce • Cucumbers • Asparagus • Green Peas • Potatoes • Yams • Seaweeds
Fruit 	• Berries • Strawberries • Pears • Oranges • Apples • Peaches • Pineapple • Grapes • Papaya • Mangoes • Citrus Fruits • Canned Fruits • Avocado • Olives • Cantaloupe • Watermelon • Kiwis • Honeydew • Melon
Legumes 	• Green Split • Peas Yellow • Split Peas Red • Lentils Brown • Lentils • Chickpeas • Kidney Beans • Black Beans • Pinto Beans • Green Lentils • Yellow Lentils • Black Lentils • Beluga Lentils
Meat, Eggs, Seafood 	• Chicken • Lamb Eggs • Lean Cuts • Lean Beef Lean • Pork Lean • Lamb Turkey • Tuna • Salmon • Sardines • Mackerel • Trout • Char • Herring • Shellfish
Whole Grain Foods 	• Whole grain pasta • Whole grain bread • Whole oats/oatmeal • Whole grain brown rice • Whole grain wild rice • Couscous • Amaranth • Kamut • Quinoa • Buckwheat • Barley • Bran • Bran • Rye • Pumpernickel bread • Stone Ground bread • Sourdough bread *Some grain foods can have a lot of added sodium, sugars or saturated fat. These include foods like breads, muffins, crackers, or pasta dishes. *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 (e.g whole grain oats). *Make sure your choices are actually whole grain. Whole wheat and multigrain foods may not be whole grain. Some foods may look like they are whole grain because of their colour, but they may not be. *Whole wheat foods are not whole grain but can still be a healthy choice as they contain fibre.

Nuts and Seeds 	• Brazil Nuts • Almonds • Cashews • Walnuts • Hazelnuts • Linseed • Sunflower Seeds • Sesame Seeds • Pecans • Flaxseed • Dried Nuts • Peanuts *Choose ones with little to no added: sodium, sugars, trans and saturated fats.
Dairy and Beverages 	• Lower Fat Milk • Reduced Fat Milk • Almond Milk • Oat Milk • Rice Milk • Fortified Soy Milk • Spring Water • Distilled Water • Filtered Water • Coffee • Green Tea • 100% Juices *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".
Oils & Fats 	• Olive Oil • Flaxseed Oil • Avocado Oil • Safflower Oil • Sesame Oil • Sunflower Oil • Peanut Oil • Corn Oil • Canola Oil • Unsalted non-hydrogenated margarine *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.

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 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**

References and Additional Resources:

[Canada's Food Guide](#)

[Dietitians of Canada – Unlock Food](#)

This information is current for June 2021.