10 Liver-Friendly Diet Tips

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Your liver processes everything you put in your body, and healthy eating can help keep it in tip-top shape. This is especially important if you're living with hepatitis C.

1. Choose Low-Fat Foods

Fatty liver disease is a growing problem. Avoid saturated and trans fats.

2. Ease Up on the Sweets

Too much sugar is just as bad as too much fat.

3. Cut Back on Sodium

Too much can lead to high blood pressure and fluid buildup.

4. Stock Up on Fruits and Veggies

Eat a rainbow of colors to get a variety of vitamins and minerals.

5. Aim for Complex Carbs

Go for whole grains, brown rice and beans, and avoid white foods.

6. Balance Your Proteins

Proteins are essential, but more is not necessarily better for your liver.

7. Cook Your Shellfish

Raw shellfish may contain bacteria that's harmful to your liver.

8. Don't Skimp on Water

Drink enough so your urine is clear, not dark yellow.

9. Ditch the Alcohol

Even moderate drinking can be risky for people with liver disease.

10. Enjoy Your Coffee

Coffee, especially with caffeine, is good for the liver, but don't let it interfere with your sleep.

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