Best Food Sources for Fighting Fatty Liver

January 24, 2020 By Karen Hoyt

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Finding the best food sources are your first step for fighting fatty liver. A person may have cirrhosis and yet have no symptoms. People who drink little to no alcohol are also becoming victims of fatty liver, and it is the result of many things. For example, with a modern diet many people have obesity, diabetes, high cholesterol and triglyceride levels. Fatty liver cells can take over and lead to liver inflammation and damaged liver tissue. In some cases, it can also develop liver cancer.

Don't fret, there are ways to reverse fatty liver by eating healthy foods. Many people have made the changes, and had a lot of success. You can too. Click the links in this article to find information and support in your journey to liver wellness.

Best Food Sources for Fighting Fatty Liver

A healthy diet and lifestyle choices play a vital role in treating or preventing fatty liver. Below are some of the powerful foods which help in fighting both alcoholic and non-alcoholic fatty liver.

Coffee

According to an article published in NCBI(1), coffee is the magical bean for fighting liver disease. Coffee is hepatoprotective, which is a fancy word that means, "protecting the liver". Some of the benefits of coffee help by reducing the risk of hepatocellular carcinoma, or liver cancer. These super protective properties also combat fibrotic disease. In addition, they may slow the replication of the hepatitis C virus. Besides, it also improves the outcomes of treating liver disease, cancer, and other diseases in the body.

Drinking coffee in moderation helps in fighting liver disease, while excess coffee might also reverse the effect and damage the liver. Remember, with liver disease, balance is important. Always ask your doctor to guide you.

Brazil nuts

Brazil nuts are a rich source of selenium, potassium, magnesium, and vitamin E. These powerful

vitamins and minerals act together to reduce toxin levels in the liver. They're known to protect against liver damage, and to strengthen immunity. In addition, they can improve tissue elasticity. All of these things play an important role in fighting liver disease. They can help you to improve your liver health.

The Brazil nut is one of the best sources suggested by health experts for reducing fatty liver in non-alcoholics. They contain high concentrations of selenium and protein, so they're a healthy snack when you need a little protein pick me up. Just don't make them your main food group.

Peanuts

Peanuts are one of the best food sources for fight fatty liver. They contain unsaturated fats. These fats help lower your cholesterol. We all know that lowering cholesterol levels is one of the main ways of combating fatty liver.

In addition, peanuts contain dietary fibers, phytosterols, resveratrol, and other cholesterol-lowering components. Add in that they contain high protein and fiber, and it's a win. They're also low in carbohydrates! Find a low sugar peanut spread, or even low salt whole nuts. When placed in your regular diet, it can be a tasty part to help lower weight and blood sugar levels. Being overweight and having high blood sugar are major causes of fatty liver.

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