Is There a Special Diet for Hepatitis C?

July 15, 2013 By Connie M. Welch

Have you ever wondered or asked, Is there a special diet for Hepatitis C? What are the best things for me to eat or avoid? Good questions. Let's sit in and listen to Dr. Joseph Galati M.D. a liver specialist. He gives us great insight and valuable information that can affect the quality of our liver health.

Published on Sep 9, 2012

In this video, Dr. Joe Galati, with Liver Specialists of Texas, explains a frequent question he is asked. Patients wonder if there is a specific diet for those with chronic hepatitis C? Dr. Galati reviews the answer, and talks about the need for a diet rich in fresh fruits and vegetables, as well as fresh cuts of lean meat. There is no specific hepatitis C diet to follow, simply an unrefined, unprocessed diet.

Advertised diet plans specific to the liver are unfounded. In general, a diet full of fresh nutrients will be best for everyone, not just those with liver disease and hepatitis. A diet of fresh fruits and vegetables will support weight loss, also a benefit for those battling any form of liver disease. Read more at www.texasliver.com and www.yourhealthfirst.com.

Dr. Galati is from Houston, Texas and part of a special group, Liver Specialist of Texas. This video was produced by Liver Specialist of Texas.

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