



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.

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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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