Foods That Fight Inflammation in the Liver

We can control the diet and help our liver, so it's important to understand what foods are healthy and unhealthy for this vital organ.

February 3, 2021 By Connie M. Welch

Hepatitis C is caused by the hepatitis C virus which causes inflammation leading to liver damage. Though diet can not cure hepatitis C, what we consume can help reduce harm as well as provide good nutrition our body needs to fight disease.

Foods That Fight Inflammation Specifically for Liver Disease

- Omega-3 foods like Salmon, Mackerel, Sardines, Codfish, Herring, Note: Do not eat any fish or meats that are raw and not cooked properly.
- Walnuts
- Flax seeds, Chia seeds, Hemp seeds
- Soybeans
- Range free eggs or omega-3 enriched eggs
- Meat and Dairy products from animals that are grass-fed
- Vegetables like Spinach, Brussel Sprouts, green leafy vegetables

Foods That Cause Inflammation and Harm the Liver

- Alcohol of all types can cause inflammation in the liver, causing extensive damage. For liver disease patients Alcohol is considered like throwing gasoline on a fire
- Vegetable oils (hydrogenated oils)
- Processed foods contain refined carbohydrates which contain added sugar, white flour, high sodium (salt), trans fats, and vegetable oils. These foods are typically found in soft drinks, cookies, cakes, sugary cereals, pastries, some breads and pasta, and candy. Many of these

foods are packaged and from fast-food restaurants.

- Processed meats. These primarily are found in cans and packaged
- High sodium (salt)
- High unhealthy fats
- Sugar and high-fructose corn syrup

Best Practice for Liver Disease

- Avoid Alcohol of all types
- Avoid processed foods
- Avoid high sugar and unhealthy fatty drinks and food
- Eat less red meat (eat beef on occasion but eat more fish and poultry and vegetable-based proteins, these are easier to digest and helpful for the liver)
- Eat fresh or frozen fruits, vegetables, legumes, avocados, olive oil, fresh meats, cage-free eggs, and healthy dairy products in balanced amounts
- Eat foods with whole grains, nuts, and seeds
- Keep a food diary or tracker for healthy intake
- Lose weight if you are overweight
- Drink at least 64 ounces of pure water daily or water infused with citrus. Water helps keep you hydrated, helps in cell function, and helps flush toxins from your body

In Summary

Consult your doctor and a registered dietitian for tailoring a diet plan based on your specific liver and medical condition. If you have cirrhosis, diabetes, heart, or kidney disease, you will need a diet tailored for low sodium and balanced protein amounts, consult with your doctor.

Do you have a question about a healthy liver diet? What foods do you eat for liver health?

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