Healthy Diet for Fatty Liver Disease and Hepatitis C

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What does fatty liver disease and hepatitis C have in common? Both conditions damage the liver and impair liver function. Is there a special diet for Fatty Liver Disease and Hepatitis C? Yes! A healthy diet helps your body fight disease and repair damaged liver tissue.

For all liver disease it's best to see professionals who specialize in liver disease and diet; Hepatologist's, Gastroenterologist's, and Registered Dietitian's. These professionals can help design a balanced healthy diet for your specific liver condition.

There is a general healthy liver diet which is widely recommended. Foods that are high in fiber and complex carbohydrates like whole grains, and legumes, a rich diet of fresh vegetables and fruits, with balanced quality protein are best.

What foods to Avoid?
Avoiding certain foods is just as important for fighting liver disease. Avoid alcohol of all types, processed foods, and foods with high sugar and sodium, trans and saturated fats. Avoid raw fish and raw shellfish, which can carry bacteria that is harmful to the liver.

What foods are good for Fatty Liver Disease and Hepatitis C?

Coffee: Research studies show coffee consumption helps slow the progression of liver damage.

Green Tea: Studies show green tea has many benefits for liver disease. Ongoing studies suggest green tea can help interfere with fat absorption and help with liver function while helping lower cholesterol and improve sleep.

Garlic: A study in Advanced Biomedical Research show garlic supplements can help reduce body weight and fat for patients with fatty liver. Garlic has also been shown to help lower cholesterol and boost the immune system.

Omega-3 Fatty Acids Foods like Olive Oil, Salmon, Sardines, Tuna, Trout & Walnuts: Studies show healthy fat foods with omega-3 fatty acids can improve liver fat levels and healthy cholesterol levels (HDL) and reduce inflammation.

Sunflower seeds: Sunflower seeds are high in antioxidants like vitamin E which can help protect

the liver. Studies show Vitamin E helps with fatty liver disease. It is a fat-soluble vitamin so be sure not to take over the daily recommended amount.

Tofu: Tofu is low fat, high protein food which studies indicate can help lower fat buildup in the liver.

Green Vegetables like Broccoli, Spinach, Kale, Brussel Sprouts: These are superfoods that help prevent fat buildup in the liver.

Whole Grains like Oatmeal, Quinoa, Brown Rice: These are complex carbohydrate foods that are high in fiber which serves as nature's broom to aid in eliminating toxins from your body, increase energy, fills you up and help with weight loss diet.

Avocados: Avocados contain rich healthy fats and high fiber. Studies show they contain chemicals that can slow the progression of liver damage. Avocados have monounsaturated fat, which is a healthy fat.

Low Fat Dairy: Low-fat dairy variety contain important minerals like calcium, magnesium, phosphorus, and potassium and help decrease saturated fat in your diet. Low-fat dairy has shown benefits in a liver healthy diet.

Meat options like Poultry, & Fish: Healthy protein foods like poultry and fish are easier to digest causing less stress on the liver.

Do you have hepatitis C or Fatty Liver Disease? What diet tips have helped you?

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