# Hepatitis C: Is a Special Diet Necessary?

July 25, 2018 By Connie M. Welch

---

What you put in your body matters! An unhealthy diet can lead to liver disease and compromise the function of your liver. The American Liver Foundation states, “eating high fatty foods will put you at risk of being overweight and having non-alcoholic fatty liver disease.”

It adds stress to your liver and compromises your immune system.  Think in terms of a highly efficient engine and filter.  You’re liver and immune system is your body’s engine and filter.  You need to take in the right fuel in order to operate effectively.  Help your body help your liver.

- Eat a diet low in saturated and no trans-fat.
- Avoid fried foods.
- Eat lean (low fat) protein such as fish, white meat chicken, and white meat turkey without the skin. Limit red meat due to these are generally higher fat and harder for the body to break down.
- Eat lots of fresh vegetables and fruits, choose organic if possible.
- Eat complex carbohydrates made with whole grains and high fiber.
- Drink 8 to 12 eight ounces of water daily, filtered water if possible.
- Stay away from processed foods as much as possible.  Fresh or frozen is best!
- Reduce sugar and high sodium foods.
- Choose low fat or non-fat dairy products.  Eat Healthy Fats like, avocados, nuts, and olive oil.
- Avoid sugar substitutes like aspartame (Nutra Sweet, Equal, Splenda, Sweet N Low and others) these are toxic for your liver.  Use real sugar if you must, but very low amounts.

For patients who have been diagnosed with cirrhosis, a low sodium, protein balanced diet is recommended. Talk to a licensed dietitian and your doctor about your specific dietary needs if you have been diagnosed with cirrhosis. A low sodium, protein balanced diet will help patients with cirrhosis help liver function and keep ammonia levels down. High ammonia levels cause brain

confusion due to the excess toxins cannot be filtered out of the blood properly.

Medical professionals recommend following a generalized healthy diet as stated above. The closer you are to your healthy weight the less stress this puts on your liver. Talk to your doctor or a registered dietitian for dietary guidelines and amounts that are right for you.

This entry was originally published on Life Beyond Hepatitis C, and is reprinted with permission.

---

© 2026 Smart + Strong All Rights Reserved.
http://beta.docker.hepmag.com/blog/hepaittis-c-special-diet-necessary