

HOW TO HELP YOUR LIVER

The dietary guidelines that we recommend to assist in restoring your health are a standard, scientifically proven medical and dietary approach modelled after the most current dietary guidelines for liver health. Due to the negative health effects of chronic, excessive alcohol use, it is important that these dietary guidelines focus on liver health.

1) Over-consumption of alcohol causes a strain on liver function.

2) Dietary principles regarding foods which benefit liver health are well identified and proven.

Many people are concerned about liver health from years of excessive alcohol. Educating you and providing dietary guidance as an integral part of your aim of health restoration. If you have knowledge of a current medical condition, discuss your diet with your physician.

Other helpful principles focus around types of foods:

Fried and highly processed foods can also damage the liver. Hydrogenated fats and the chemicals found in processed foods cause the liver to work harder. Limit your intake of non-essential foods such as processed foods. Dairy products should be reduced as well.

Overeating Is a Common Cause of Liver Malfunction.

You should learn when you are no longer hungry. Most people eat far more quantity of food than the body requires. When you learn to limit the quantity of your food, you not only will lose weight but improve liver function. A good rule is to stop eating when feeling 75% full. Overeating is a common cause of liver malfunction because it creates excessive work for the liver. An overworked liver cannot properly detoxify harmful substances.

ELEVEN FOODS FOR LIVER HEALTH

ALMONDS

Recommended Intake: Aim for 2 tablespoons of raw, unsalted almonds five times per week.

OATS

You should aim for 4 – 8 servings of this category per day, but keep in mind it depends on your level of physical activity. One serving is equal to 2 slices of bread, 1 cup of cooked pasta, rice, noodles or couscous, 1 cup of cooked oats, or 1 1/3 cups of breakfast cereal flakes. Aim for ½ to 1 of your 4-8 servings per day to be oats, brown rice or couscous.

BERRIES

Recommended Intake: Frozen are available all year and may be more nutritious than fresh. You should aim to have two servings of fruit each day. One serving is equal to one cup of fruit if it were to be diced and measured. Two tablespoons of dried fruit is equal to one cup of fresh or frozen. Other healthy fruits for your liver include cranberries, boysenberries, strawberries, blackberries and cherries.

SALMON

Recommended Intake: Aim to eat fish 2-4 times per week.

SOYBEANS

Recommended Intake: 1-4 servings per day, such as soymilk on your cereal, soy ice cream, meat substitutes.

TEAS, GREEN OR BLACK

Recommended Intake: 1-2 cups per day

BROCCOLI

Recommended Intake: Aim for 5 servings of vegetables per day, with only one serving being starchy vegetables (potato, sweet potato, corn). Of the 4 servings of non-starchy vegetables, aim for one serving each day to be broccoli, brussel sprouts, cabbage or cauliflower.

KIDNEY BEANS

Recommended Intake: One serving is ½ cup of cooked beans. Aim for 4 servings per week.

SPINACH

. Recommended Intake: One serving is ½ cup of lightly steamed spinach or one cup of raw spinach. Aim to have one serving 2-3 times per week.

SWEET POTATO, PUMPKIN, BUTTERNUT AND ACORN SQUASH, CARROTS

Recommended Intake: One serving equals ½ cup of cooked vegetable. Aim for one serving of these vegetables per day.

VEGETABLE JUICE

Recommended Intake: If you meet your recommended 5 servings of vegetables per day, aim for 2 servings of vegetable juice per week. If you struggle to eat enough vegetables, use vegetable juices more often to help you meet the healthy requirement.