



Healthy Liver Diet

This consists of increasing healthy protein, vegetables, fruits and legumes in your diet in an effort to increase antioxidants and lower insulin levels. The following are healthier options/a guide.

The Say "Yes Please" List of Acceptable Foods

**The goal is to be on a plant-based diet for at least 80% of the time.

-Limit cow's milk and cheese as much as possible.

-Limit red meat to 2-3 times per month

Okay to add pure maple syrup or honey but in limited amounts.

OILS

- Algae oil (Thrive culinary brand)
- Olive oil
- Coconut oil
- Macadamia oil
- MCT oil
- Avocado oil
- Perilla oil
- Walnut oil
- Red palm oil
- Rice bran oil
- Sesame oil
- Flavored cod liver oil

SWEETENERS

- Stevia (Sweet Leaf)
- Just Like Sugar
- Inulin
- Yacon
- Monk fruit
- Luo han guo (Nutresse)
- Erythritol (Swerve)
- Xylitol

FLOURS

- Coconut
- Almond
- Hazelnut
- Sesame (and seeds)
- Chestnut
- Cassava
- Green banana
- Sweet potato
- Tiger nut
- Grape seed
- Arrowroot

OTHER FOODS

- Dark chocolate (72% or greater; 1 oz/day)
- Coconut milk dairy-free frozen dessert
- All olives
- All vinegars (without added sugar)
- Miso

Can try: Birch Benders Pancake and Waffle mix (high protein)

Siete brand has cassava and almond flour tortillas and chips. Ivory teff flour tortillas can be an option.

Freshly baked sourdough bread (1 slice) 2-3 times a week OR LESS is ok

Whole grain bread 1-2 slices a week is OK

General Recommendations:

Vitamin D3 2,000 units a day (unless your doctor has instructed you otherwise)

Probiotics- Florastor

Prebiotics- Fiber: Good food for the probiotics. Any brand such as Benefiber.

Eat in a **10 hour period** and try to eat early, by 6 or 7 pm (this is healthier for you)

- 3 meals (2 normal, 1 small)
- NO snacks or sugar containing drinks in between meals **unless you have to snack for a medical reason**

If you would like to eat rice, I recommend White (or Brown) Basmati Rice.

Use a pressure cooker (ex: Instant Pot) to cook beans, quinoa, oatmeal, meats, etc..(in theory, better)

- You can have chickpea, lentil and other legume and veggie- based pastas. Whole wheat pastas are fine but limit to 1-2x a week.
- Abstain from alcohol unless your doctor has discussed safe amounts of alcohol for you.

THE SAY "YES PLEASE" LIST OF ACCEPTABLE-FOODS, CONTINUED

**YES list,
continued**

(the So Delicious blue label, which contains only 1 gram of sugar) LaLoo's goat's milk ice cream	Organic cream cheese	Vegetables
"Foodles" (my name for acceptable noodles) Cappelo's fettuccine and other pastas Pasta Slim Shirataki noodles Kelp noodles Miracle Noodles and kanten pasta Miracle Rice Korean sweet potato noodles	Fish (any wild-caught—4 oz./day) Whitefish Freshwater bass Alaskan halibut Canned tuna Alaskan salmon Hawaiian fish Shrimp Crab Lobster Scallops Calamari/squid Clams Oysters Mussels Sardines Anchovies	<i>Cruciferous Vegetables</i> Broccoli Brussels sprouts Cauliflower Bok choy Napa cabbage Chinese cabbage Swiss chard Arugula Watercress Collards Kohlrabi Kale Green and red cabbage Radicchio Raw sauerkraut Kimchi
Dairy Products (1 oz. cheese or 4 oz. yogurt/day) Real Parmesan (Parmigiano-Reggiano) French/Italian butter Buffalo butter (available at Trader Joe's) Ghee Goat yogurt (plain) Goat milk as creamer Goat cheese Butter Goat and sheep kefir Sheep cheese and yogurt (plain) Coconut yogurt French/Italian cheese Switzerland cheese Buffalo mozzarella (Italy) Whey protein powder Casein A-2 milk (as creamer only) Organic heavy cream Organic sour cream	Fruits (limit all but avocado) Avocados Blueberries Raspberries Blackberries Strawberries Cherries Crispy pears (Anjou, Bosc, Comice) Pomegranates Kiwis Apples Citrus (no juices) Nectarines Peaches Plums Apricots Figs Dates	<i>Other Vegetables</i> Nopales cactus Celery Onions Leeks Chives Scallions Chicory Carrots (raw) Carrot greens Artichokes Beets (raw) Radishes Daikon radish Jerusalem artichokes/sunchokes Hearts of palm Cilantro Okra Asparagus Garlic Mushrooms
A2 Cows milk (limit or avoid milk)		<i>Leafy Greens</i> Romaine

YES list, continued

Pea protein
All beans, including sprouts
All lentils*

Nuts and Seeds

Pumpkin
Sunflower
Chia
Peanuts
Cashews

Fruits (some called vegetables)

Cucumbers
Zucchini
Pumpkins
Squashes (any kind)
Melons (any kind)
Eggplant
Tomatoes
Bell peppers
Chili peppers
Goji berries

Vegetables

Peas
Sugar snap peas
Legumes*
Green beans
Chickpeas* (including as hummus)
Soy
Tofu
Edamame
Soy protein
Textured vegetable protein (TVP)

Vegetables, continued

Red and green leaf lettuce
Mesclun (baby greens)
Spinach
Endive
Dandelion greens
Butter lettuce
Fennel
Escarole
Mustard greens
Mizuna
Parsley
Basil
Mint
Purslane
Perilla
Algae
Seaweed
Sea vegetables

Resistant Starches

Tortillas (Siete brand—only those made with cassava and coconut flour or almond flour)
Bread and bagels made by Barely Bread
Julian Bakery Paleo Wraps (made with coconut flour) and Paleo Coconut Flakes
Cereal

(In Moderation)

Green plantains
Green bananas
Baobab fruit
Cassava (tapioca)
Sweet potatoes or yams
Rutabaga
Parsnips
Yucca
Celery root (celeriac)
Glucomanan (konjac root)
Persimmon
Jicama
Taro root
Turnips
Tiger nuts
Green mango
Millet
Sorghum
Green papaya

Pastured Poultry (not free-range—4 oz./day)

Chicken
Turkey
Ostrich
Pastured or omega-3 eggs (up to 4 daily)
Duck
Goose

Pheasant
Grouse
Dove
Quail

Meat (grass-fed and grass-finished—4 oz./day)

Bison
Wild game
Venison
Boar
Elk
Pork (humanely raised)
Lamb
Beef
Prosciutto

Plant-Based "Meats"

Quorn: Chik'n Tenders, Grounds, Chik'n Cutlets, Turk'y Roast, Bacon-Style Slices
Hemp tofu
Hilary's Root Veggie Burger (hilaryseatwell.com)
Tempeh (grain-free only)

Intermittent Fasting (ONLY if recommended for you by your doctor):

- ❖ Eat dinner ~6pm then eat again at noon the next day
- ❖ Hydrate well
- ❖ Black or Green tea is OK and plain black coffee (NO MILK OR SUGAR)
- ❖ Initially ~2x/week, but can do more if you can/desire

NO list

Refined, Starchy Foods

Pasta
Rice
Potatoes
Potato chips
Milk
Bread
Tortillas
Pastry
Flour
Crackers
Cookies

Cereal
Sugar
Agave
Sweet One or Sunett
(Acesulfame K)
Splenda (Sucralose)
NutraSweet
(Aspartame)
Sweet'n Low (Saccharin)
Diet drinks
Maltodextrin

Corn (limit)
Refined grains
Fruit juices
Sugary drinks
Processed meats/cold cuts/bacon
Butter
Processed foods
Fast food
High fructose corn syrup
containing foods or drinks

TAKE HOME MESSAGES

- This list of foods is meant to be a guide for you. You are not limited to these foods only.
- You do not need to do calorie-counting.
- This diet can be modified to be gluten-free, dairy-free, vegetarian or vegan.
- Incorporate exercise as tolerated, I recommend 3-5 times a week.
- Finally, ALL these dietary and exercise recommendations are meant to be lifestyle modifications, not a temporary change. Try your best, that's all I can ask for.



Carmen Landaverde, MD

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