

## Liver-healthy Shopping Guide

The liver is the world's most efficient battery. It helps power your body by storing and releasing energy when you need it. Your liver plays a key role in converting food into the chemicals essential for life and it is therefore important to make food choices that optimize liver health.

Although there is no specific 'liver health diet', these general guidelines will help ensure that your liver is functioning at its best:



### **General Guidelines:**

- Choose a variety of foods from all four food groups of Canada's Food Guide to Healthy Eating ([http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html)). Focus on lower fat choices within each food group.
- Eat at least 2 servings from the Meat & Alternatives food group (meat, fish, poultry, peanut butter, dried beans, peas, lentils).
- Eat small regular meals. Do not skip meals or over-eat.
- Drink 6 to 8 glasses of fluids (preferably water) a day.
- Avoid alcohol – or if you drink, do not have more than one to two drinks per occasion (and never on a daily basis).
- Consult your doctor if you are considering taking vitamins or herbal supplements. Particular herbal supplements have the potential to cause liver damage and certain vitamins may be harmful to the liver if taken in high doses, particularly vitamin A.
- Choose organic foods whenever possible: The less pesticides/chemicals/antibiotics/hormones, the less your liver has to filter.
- Fresh is generally best e.g. firm and clean, organic and in-season produce
- Wash fruit and vegetables right before use to remove pesticides. Avoid washing too far ahead to reduce sweating/spoilage.
- Maximize fruits and veggies with deep bright pigments such as orange, yellow, red and green colors
- Maximize consumption of raw vegetables with high sulphur content (ex: broccoli, Brussels sprouts, cabbage, cauliflower, garlic and onions).
- When cooking vegetables & fruits, steam or bake them: this retains more nutrients than boiling.
- Choose whole-grain products over white/bleached/'refined' products.

### Healthier Choices:

<p><b>VEGETABLES</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Carrots</li> <li><input type="checkbox"/> Cabbage (red, purple &amp; green cabbage)</li> <li><input type="checkbox"/> Peppers (red, green, yellow)</li> <li><input type="checkbox"/> Tomatoes</li> <li><input type="checkbox"/> Broccoli</li> <li><input type="checkbox"/> Brussels sprouts</li> <li><input type="checkbox"/> Romaine lettuce</li> <li><input type="checkbox"/> Asparagus</li> <li><input type="checkbox"/> Spinach</li> <li><input type="checkbox"/> Green peas</li> <li><input type="checkbox"/> Potatoes/yams</li> <li><input type="checkbox"/> Seaweeds/sea vegetables (e.g. Kombu, Arame, Nori, Wakame)</li> </ul>	<p><b>FRUITS</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Papaya</li> <li><input type="checkbox"/> Mangoes</li> <li><input type="checkbox"/> Berries</li> <li><input type="checkbox"/> Citrus fruits</li> <li><input type="checkbox"/> Canned fruit with 'no sugar added' or 'packed in its own juice'</li> <li><input type="checkbox"/> Avocado</li> <li><input type="checkbox"/> Olives</li> <li><input type="checkbox"/> Cantaloupe</li> <li><input type="checkbox"/> Apples</li> <li><input type="checkbox"/> Kiwi</li> </ul>														
<p><b>BAKERY (bread, rolls, pitas, tortillas, bagels etc)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Whole-grain</li> <li><input type="checkbox"/> Rye</li> <li><input type="checkbox"/> Rice</li> <li><input type="checkbox"/> Pumpernickel</li> <li><input type="checkbox"/> Multi-grain</li> <li><input type="checkbox"/> Stone ground</li> </ul>	<p><b>PASTA &amp; NOODLES</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Whole-grain</li> <li><input type="checkbox"/> Rice noodles (fresh or dried)</li> <li><input type="checkbox"/> Soba or Udon (Japanese noodles)</li> <li><input type="checkbox"/> Corn noodles</li> <li><input type="checkbox"/> Potato</li> <li><input type="checkbox"/> Buckwheat</li> </ul>														
<p><b>LEGUMES</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Split peas (green and yellow)</li> <li><input type="checkbox"/> Lentils (red and brown)</li> <li><input type="checkbox"/> Chick peas</li> <li><input type="checkbox"/> Kidney beans</li> <li><input type="checkbox"/> Navy beans</li> <li><input type="checkbox"/> Black beans</li> <li><input type="checkbox"/> Pinto beans</li> </ul>	<p><b>NUTS &amp; SEEDS</b></p> <table style="width: 100%; border: none;"> <tbody> <tr> <td><input type="checkbox"/> Brazil nuts</td> <td><input type="checkbox"/> Flaxseed/linseed</td> </tr> <tr> <td><input type="checkbox"/> Almonds</td> <td><input type="checkbox"/> Sunflower seeds</td> </tr> <tr> <td><input type="checkbox"/> Cashews</td> <td><input type="checkbox"/> Sesame seeds</td> </tr> <tr> <td><input type="checkbox"/> Walnuts</td> <td></td> </tr> <tr> <td><input type="checkbox"/> Hazelnuts</td> <td></td> </tr> <tr> <td><input type="checkbox"/> Pecans</td> <td></td> </tr> <tr> <td><input type="checkbox"/> Peanuts</td> <td></td> </tr> </tbody> </table>	<input type="checkbox"/> Brazil nuts	<input type="checkbox"/> Flaxseed/linseed	<input type="checkbox"/> Almonds	<input type="checkbox"/> Sunflower seeds	<input type="checkbox"/> Cashews	<input type="checkbox"/> Sesame seeds	<input type="checkbox"/> Walnuts		<input type="checkbox"/> Hazelnuts		<input type="checkbox"/> Pecans		<input type="checkbox"/> Peanuts	
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<p><b>DAIRY &amp; BEVERAGES</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Lower or reduced fat milk (skim, 1%, 2%) , yogurt and cheese</li> <li><input type="checkbox"/> Non-hydrogenated margarine</li> <li><input type="checkbox"/> Fortified soy milk</li> <li><input type="checkbox"/> Rice milk (un-sweetened)</li> <li><input type="checkbox"/> 100% fruit and vegetable juices (fresh/bottled/canned &amp; additive-free)</li> <li><input type="checkbox"/> Water (spring, distilled or filtered)</li> <li><input type="checkbox"/> Green tea (contains antioxidants)</li> <li><input type="checkbox"/> Coffee *</li> </ul>	<p><b>* Note on coffee:</b> Caffeine may deplete the body of minerals such as calcium and may not be recommended if you have liver disease or if you are menopausal or post-menopausal. Several recent studies however have reported a potentially favourable effect of coffee on cirrhosis and liver cancer -- including a reported reduction of liver cancer risk among coffee drinkers compared with rates for non-drinkers. Because researchers are still uncertain about how to interpret these findings, you should consult your health care provider to see whether coffee should or should not be avoided.</p>														



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<p><b>RICE &amp; GRAINS</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Wheat</li> <li><input type="checkbox"/> Couscous</li> <li><input type="checkbox"/> Quinoa</li> <li><input type="checkbox"/> Buckwheat</li> <li><input type="checkbox"/> Rye</li> <li><input type="checkbox"/> Barley</li> <li><input type="checkbox"/> Oats</li> <li><input type="checkbox"/> Bran</li> <li><input type="checkbox"/> Brown rice</li> <li><input type="checkbox"/> Wild rice</li> <li><input type="checkbox"/> Amaranth</li> <li><input type="checkbox"/> Kamut</li> </ul>	<p><b>OILS (cold pressed virgin, vegetable and seed oils)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Olive</li> <li><input type="checkbox"/> Flaxseed</li> <li><input type="checkbox"/> Safflower</li> <li><input type="checkbox"/> Sunflower</li> <li><input type="checkbox"/> Sesame</li> <li><input type="checkbox"/> Canola</li> <li><input type="checkbox"/> Peanut</li> <li><input type="checkbox"/> Soybean</li> <li><input type="checkbox"/> Corn</li> </ul>
<p><b>MEAT, EGGS &amp; SEAFOOD (preferably free-range/wild)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Chicken (with skin removed)</li> <li><input type="checkbox"/> Lamb</li> <li><input type="checkbox"/> Lean cuts or lean/extra-lean ground beef or pork</li> <li><input type="checkbox"/> Eggs</li> <li><input type="checkbox"/> Tuna</li> <li><input type="checkbox"/> Salmon</li> <li><input type="checkbox"/> Sardines</li> <li><input type="checkbox"/> Mackerel</li> <li><input type="checkbox"/> Trout</li> <li><input type="checkbox"/> Char</li> <li><input type="checkbox"/> Herring</li> <li><input type="checkbox"/> Shellfish</li> </ul>	<p><b>The ‘Liver-Healthy Shopping Guide’ is not an exhaustive list of healthy food choices nor is it meant to replace the advice of your health care provider or a registered dietitian.</b></p> <p><b>If you have a specific health condition or are looking for nutritional counseling, please consult with your health care provider.</b></p> <p><b>To find a dietitian in your area, visit <a href="http://www.dietitians.ca">www.dietitians.ca</a> and search under ‘Find a Nutrition Professional’ or call your local public health department, hospital or community health centre</b></p>

**References:**

Canada’s Food Guide [http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html)

Dietitians of Canada [www.dietitians.ca](http://www.dietitians.ca) (“Step Right Up to Healthy Eating: Colour your choices with vegetables and fruit”, “Supermarket Smarts!”, “What is Good and Bad Cholesterol?”)

For more information on liver health, please contact the Canadian Liver Foundation at 1-800-563-5483 or visit [www.liver.ca](http://www.liver.ca)