

Liver-Healthy Shopping Guide



Liver Health & Nutrition

- The liver is the body's most efficient battery, it powers our body by storing & releasing energy.
- The liver plays a key role in converting the food we eat into the chemicals essential for life.
- It is very important to make liver healthy food choices to optimize our liver health.
- There is *no* specific liver diet, but these general guidelines can promote the best liver functioning.

Canadas Food Guide Recommendations

- Canada's Food Guide to Healthy Eating <https://food-guide.canada.ca/en/>
- Choose a variety of foods from all four groups of the *Canada's Food Guide* when planning meals.
- Eat a variety of healthy foods each day, food high in protein, whole grain and drink water.
- Wash fruit and vegetables right before use to remove pesticides. Avoid washing too far ahead to reduce sweating/spoilage.
- Focus on lower fat food choices within each of the four food groups outlined in the food guide.

Other Nutrition Guidelines



- Eat regular small meals and do not skip meals or overeat during meals throughout the day.
- Eat at least 2 servings from the meat and alternatives food group (meat, fish, peanut butter, beans).
- Always aim to drink 6 to 8 glasses of fluid a day, preferably being water as your drink of choice.
- Avoid alcohol or if drinking, do not have more than 1 to 2 drinks per occasion, never daily basis.



Liver Healthy Eating Tips

- Limit highly processed foods. If you choose these foods, eat them less often and in small amounts.
- Eat plenty of vegetables and fruits, whole grain foods and protein foods. Choose protein foods that come from plants more often.
- Compare the nutrition facts table on foods to choose products that are lower in sodium, sugars or saturated fat.
- Consult with doctor if taking vitamin supplements.

Liver-Healthy Food Choices

<p>Vegetables</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Leafy Greens <input type="checkbox"/> Cabbage <input type="checkbox"/> Kale <input type="checkbox"/> Spinach <input type="checkbox"/> Bok Choy <input type="checkbox"/> Broccoli <input type="checkbox"/> Carrots <input type="checkbox"/> Cabbage <input type="checkbox"/> Peppers 	<ul style="list-style-type: none"> <input type="checkbox"/> Tomatoes <input type="checkbox"/> Brussel Sprouts <input type="checkbox"/> Romaine Lettuce <input type="checkbox"/> Cucumbers <input type="checkbox"/> Asparagus <input type="checkbox"/> Green Peas <input type="checkbox"/> Potatoes <input type="checkbox"/> Yams <input type="checkbox"/> Seaweeds
<p>Fruits</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Berries <input type="checkbox"/> Strawberries <input type="checkbox"/> Pears <input type="checkbox"/> Oranges <input type="checkbox"/> Apples <input type="checkbox"/> Peaches <input type="checkbox"/> Pineapple <input type="checkbox"/> Grapes <input type="checkbox"/> Papaya 	<ul style="list-style-type: none"> <input type="checkbox"/> Mangoes <input type="checkbox"/> Citrus Fruits <input type="checkbox"/> Canned Fruits <input type="checkbox"/> Avocado <input type="checkbox"/> Olives <input type="checkbox"/> Cantaloupe <input type="checkbox"/> Watermelon <input type="checkbox"/> Kiwis <input type="checkbox"/> Honeydew Melon
<p>Legumes</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Green Split Peas <input type="checkbox"/> Yellow Split Peas <input type="checkbox"/> Red Lentils <input type="checkbox"/> Brown Lentils <input type="checkbox"/> Chickpeas <input type="checkbox"/> Kidney Beans 	<ul style="list-style-type: none"> <input type="checkbox"/> Black Beans <input type="checkbox"/> Pinto Beans <input type="checkbox"/> Green Lentils <input type="checkbox"/> Yellow Lentils <input type="checkbox"/> Black Lentils <input type="checkbox"/> Beluga Lentils
<p>Meat, Eggs & Seafood</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Chicken <input type="checkbox"/> Lamb <input type="checkbox"/> Eggs <input type="checkbox"/> Lean Cuts <input type="checkbox"/> Lean Beef <input type="checkbox"/> Lean Pork <input type="checkbox"/> Lean Lamb <input type="checkbox"/> Turkey <input type="checkbox"/> Fish 	<ul style="list-style-type: none"> <input type="checkbox"/> Tuna <input type="checkbox"/> Salmon <input type="checkbox"/> Sardines <input type="checkbox"/> Mackerel <input type="checkbox"/> Trout <input type="checkbox"/> Char <input type="checkbox"/> Herring <input type="checkbox"/> Shellfish

<p>Nuts and Seeds</p>  <p><i>Nut allergies are common in Canada. It is important to be careful and to read food labels.</i></p> <p><i>Choose dry roasted nuts and seeds without added:</i></p> <ul style="list-style-type: none"> • sugars • fat (oils) • sodium (salt) • peanut butter or other nut butters that list peanuts or nuts as the only ingredient. 	<ul style="list-style-type: none"> <input type="checkbox"/> Brazil Nuts <input type="checkbox"/> Almonds <input type="checkbox"/> Cashews <input type="checkbox"/> Walnuts <input type="checkbox"/> Hazelnuts <input type="checkbox"/> Dried Nuts <p><i>Choose ones with little to no added:</i></p> <ul style="list-style-type: none"> • sodium • sugars • Trans and saturated fats 	<ul style="list-style-type: none"> <input type="checkbox"/> Linseed <input type="checkbox"/> Sunflower Seeds <input type="checkbox"/> Sesame Seeds <input type="checkbox"/> Pecans <input type="checkbox"/> Peanuts <input type="checkbox"/> Flaxseed
<p>Whole Grain Foods</p>  <p><i>Some grain foods can have a lot of added sodium, sugars or saturated fat. These include foods like:</i></p> <ul style="list-style-type: none"> • breads • muffins • crackers • pasta dishes <p><i>Read the ingredient list and choose foods that have the words “whole grain” followed by the name of the grain as one of the first ingredients:</i></p> <ul style="list-style-type: none"> • whole grain oats • whole grain wheat 	<ul style="list-style-type: none"> <input type="checkbox"/> Whole grain pasta <input type="checkbox"/> Whole grain bread <input type="checkbox"/> Whole oats or oatmeal <input type="checkbox"/> Whole grain brown rice <input type="checkbox"/> Whole grain wild rice <input type="checkbox"/> Couscous <input type="checkbox"/> Amaranth <input type="checkbox"/> Kamut <p><i>Make sure your choices are actually whole grain. Whole wheat and multi-grain foods may not be whole grain. Some foods may look like they are whole grain because of their colour, but they may not be.</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Quinoa <input type="checkbox"/> Buckwheat <input type="checkbox"/> Barley <input type="checkbox"/> Bran <input type="checkbox"/> Rye <input type="checkbox"/> Pumpernickel bread <input type="checkbox"/> Stone Ground bread <input type="checkbox"/> Sourdough bread <p><i>Whole wheat foods are not whole grain, but can still be a healthy choice as they contain fibre</i></p>

<p>Dairy & Beverages</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Lower Fat Milk <input type="checkbox"/> Reduced Fat Milk <input type="checkbox"/> Almond Milk <input type="checkbox"/> Oat Milk <input type="checkbox"/> Rice Milk <input type="checkbox"/> Fortified Soy Milk <p><i>For plant-based beverages such as almond, oat and rice milks, it is recommended to check food labels on these products to ensure they are “vitamin D fortified”.</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Spring Water <input type="checkbox"/> Distilled Water <input type="checkbox"/> Filtered Water <input type="checkbox"/> Coffee <input type="checkbox"/> Green Tea <input type="checkbox"/> 100% Juices
<p>Oils & Fats</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Olive Oil <input type="checkbox"/> Flaxseed Oil <input type="checkbox"/> Avocado Oil <input type="checkbox"/> Safflower Oil <input type="checkbox"/> Sesame Oil <input type="checkbox"/> Sunflower Oil <input type="checkbox"/> Oil 	<ul style="list-style-type: none"> <input type="checkbox"/> Coconut Oil <input type="checkbox"/> Peanut Oil <input type="checkbox"/> Soybean Oil <input type="checkbox"/> Corn Oil <input type="checkbox"/> Canola Oil <input type="checkbox"/> Unsalted non-hydrogenated Margarine

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. If you have a specific health condition or are looking for nutritional counseling, please consult with your health care provider. To find a dietitian in your area, visit www.dietitians.ca and search under ‘*Find a Nutrition Professional*’ or call your local public health department, hospital or community health centre.

For more information on liver health, please contact the Canadian Liver Foundation at 1-800-563-5483 or visit www.liver.ca

References and Additional Resources:

[Canada’s Food Guide](#)
[Dietitians of Canada – Unlock Food](#)

This information is current for February 2020.