



# LIVER EDUCATION ADVOCATES

## Liver-Friendly Grocery List (Low-Sodium, Low-Fat, Low-Sugar, All-Natural)

### ■ *Fruits*

✓	Item	Liver-Friendly Benefit
■	Blueberries	Rich in antioxidants help reduce inflammation.
■	Strawberries	High in vitamin C and fiber, supports immune health.
■	Apples	Fiber aids digestion, supports healthy gut bacteria.
■	Pears	Gentle on digestion, hydrating, fiber rich.
■	Grapes	Contains resveratrol, supports liver cell health.
■	Oranges/Tangerines	Vitamin C for immune and tissue repair.
■	Kiwi	High vitamin C, potassium, and antioxidants.
■	Mango (small portions)	Antioxidants boost immunity.
■	Watermelon	Hydrating supports kidney-liver synergy.
■	Lemons/Limes	Vitamin C and natural detox support.

### ■ *Vegetables*

✓	Item	Liver-Friendly Benefit
■	Spinach	High in folate, vitamin K, and antioxidants.
■	Kale	Detox-supporting compounds, vitamin C.
■	Broccoli	Contains sulforaphane to protect liver cells.
■	Cauliflower	Supports natural detox pathways.
■	Zucchini	Low-calorie, gentle on digestion.

■	Carrots	Beta carotene for cell protection.
■	Sweet potatoes	Fiber, vitamin A, and steady energy.
■	Bell peppers	Vitamin C, anti-inflammatory compounds.
■	Cucumbers	Hydrating, supports fluid balance.
■	Asparagus	Natural diuretics help reduce swelling.
■	Green beans	Low-sodium, low-calorie nutrient source.
■	Brussels sprouts	Supports liver detox enzymes.
■	Beets	Improves blood flow and antioxidant support.

■ ***Protein***

✓	Item	Liver-Friendly Benefit
■	Skinless chicken/turkey breast	Lean protein without excess fat.
■	Fresh fish (salmon, cod, tilapia)	Omega-3s reduce inflammation.
■	Tofu	Low-fat, plant-based protein.
■	Tempeh	Fermented soy for gut health.
■	Lentils	High in fiber, low in fat, good protein source.
■	Chickpeas	Fiber-rich, gentle plant protein.
■	Black/navy beans (no-salt)	Protein + minerals without sodium load.
■	Eggs/egg whites	Complete protein, low in saturated fat.

### ■ **Whole Grains & Low-Carb Alternatives**

✓	Item	Liver-Friendly Benefit
■	Quinoa	Complete protein, gluten-free.
■	Brown rice	Steady energy, whole-grain fiber.
■	Sprouted Oats	Heart-healthy fiber, stabilizes blood sugar.
■	Chickpea pasta	Higher protein, lower carbs than wheat pasta.
■	Barley	High fiber helps control blood sugar.
■	Cauliflower rice	Low-carb alternative to grains.

### ■ **Healthy Fats**

✓	Item	Liver-Friendly Benefit
■	Avocados	Monounsaturated fats, potassium.
■	Extra-virgin olive oil	Anti-inflammatory, heart-healthy fat.
■	Flaxseeds/chia seeds	Omega-3s for inflammation control.
■	Walnuts/almonds (unsalted, raw)	Healthy fats and antioxidants.

### ■ **Flavor Boosters & Herbs**

✓	Item	Liver-Friendly Benefit
■	Fresh garlic	Anti-inflammatory supports detox enzymes.
■	Fresh ginger	Aids digestion, reduces inflammation.
■	Fresh herbs (cilantro, dill, basil, etc.)	Vitamins and antioxidants.
■	Dried herbs (oregano, rosemary etc)	Anti-inflammatory compounds.
■	Black pepper	Enhance nutrient absorption.

■	Turmeric powder	Powerful anti-inflammatory in moderation!
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■	Paprika (no salt)	Adds flavor without sodium.
■	Coconut aminos	Low-sodium soy sauce alternative.
■	Apple cider vinegar	Supports digestion and blood sugar balance.
■	Rice vinegar (unsweetened)	Add flavor without salt.

### ■ ***Beverages***

✓	Item	Liver-Friendly Benefit
■	Water	Hydration for optimal liver function.
■	Mineral Water with lemon	Help satisfy soda cravings
■	Green tea (unsweetened)	Antioxidants to protect liver cells.

### ■ ***Other Pantry Items***

✓	Item	Liver-Friendly Benefit
■	Unsweetened almond or oat milk	Dairy alternative, low saturated fat.
■	Unsweetened cocoa powder	Antioxidants without sugar.
■	Date syrup or pure dates	Natural sweetener in moderation.
■	Arrowroot powder/cornstarch	Natural thickener for sauces.