



# LIVER EDUCATION ADVOCATES

## Protein Options for Liver-Friendly Eating

Protein supports muscle maintenance, immune function, and healing. People with liver disease often need **consistent, high-quality protein** throughout the day. A healthcare professional can help determine individual needs, but this chart gives a clear overview of common sources and their typical protein content.

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### Lean Animal Proteins

**Aim for lean, cooked, fresh options.**

Food	Typical Serving	Approx. Protein
Chicken or Turkey (white meat, skinless)	3 oz	21–27 g
Fish (Cod, Salmon, Trout, Tilapia)	3 oz	22–25 g
Eggs	1 large	6–7 g
Egg Whites	2 whites	~7 g

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### Plant-Based Proteins

**Excellent for liver health and metabolic balance.**

<b>Food</b>	<b>Typical Serving</b>	<b>Approx. Protein</b>
Tofu (firm)	½ cup	7–13 g
Lentils (cooked)	½ cup	9–17 g
Beans (black, kidney, chickpeas, soybeans)	½ cup	7–9 g
Soy Milk	1 cup	6–8 g
Nuts (almonds, walnuts) & Seeds	¼ cup	5–9 g
Nut Butters	2 Tbsp	~8 g

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### **Dairy Proteins**

**Choose low-fat options unless higher calories are needed.**

<b>Food</b>	<b>Typical Serving</b>	<b>Approx. Protein</b>
Greek Yogurt (plain)	6 oz	~15 g
Cottage Cheese	½ cup	7–13 g
Milk (cow's or soy)	1 cup	7–8 g
Cheese (cheddar, Swiss)	1 oz	7–9 g

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### **Important Notes for Liver Health**

- **Avoid raw shellfish** because it can carry bacteria that pose serious risks for people with liver disease.
- **Limit sodium** if fluid buildup (ascites) is present; choose fresh, low-sodium, or unprocessed protein sources.
- **Plant-based focus:** Plant proteins are often easier for the liver to process and are associated with better metabolic outcomes and lower risk of fatty liver disease.

- **Spread protein throughout the day** to support muscle maintenance and steady energy.