



We care

Foods That Support Your Liver

A Guide To Liver-Boosting Superfoods



Nutritional Tips To Protect Your Liver Health

Here are some things to keep in mind the next time you go to a grocery store!



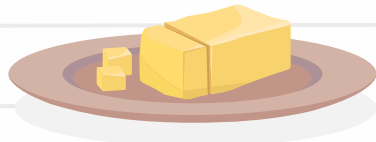
Choose fiber-rich foods



Avoid high-calorie sauces or added salt & sugars



Whole grains, fresh fruits, and vegetables



Limit saturated fat and trans fat



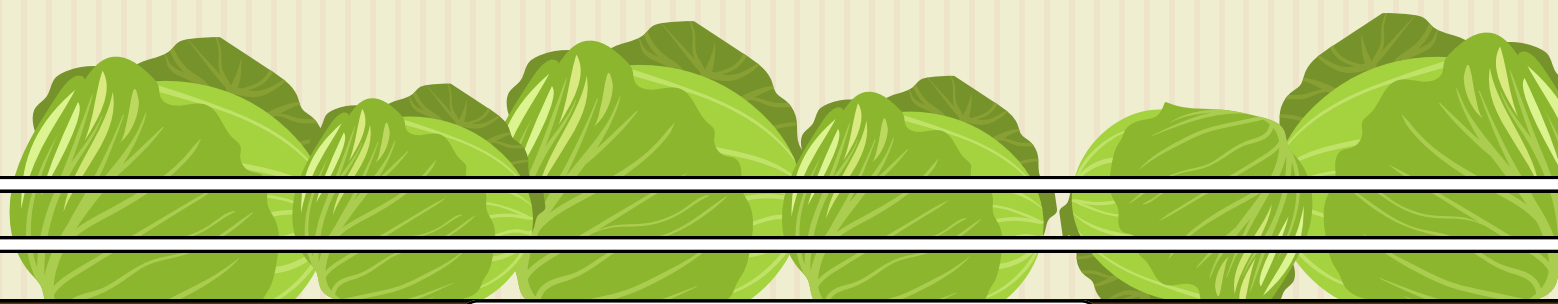
Cut back on beverages and foods with added sugars



Choose foods with less sodium

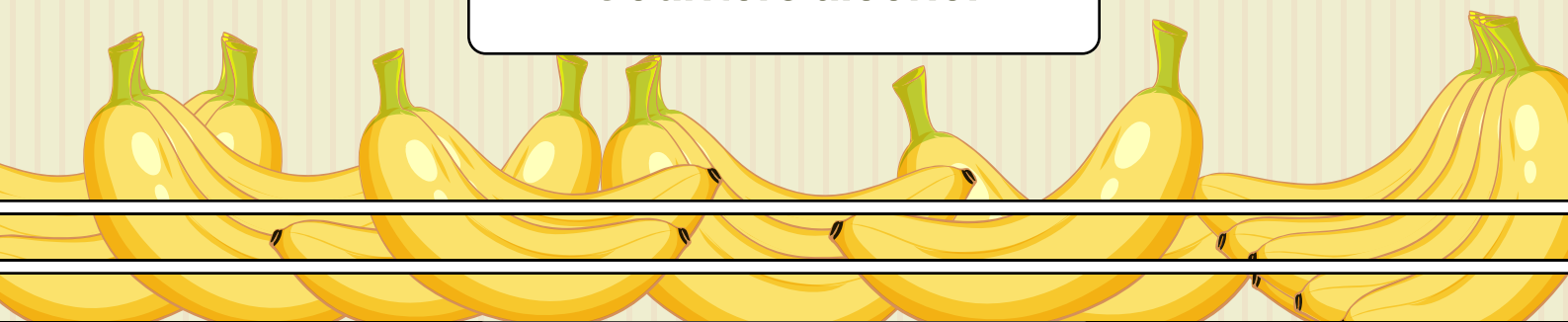
Foods That Are Good For The Liver

Here are some foods that help improve the functioning of our liver:²



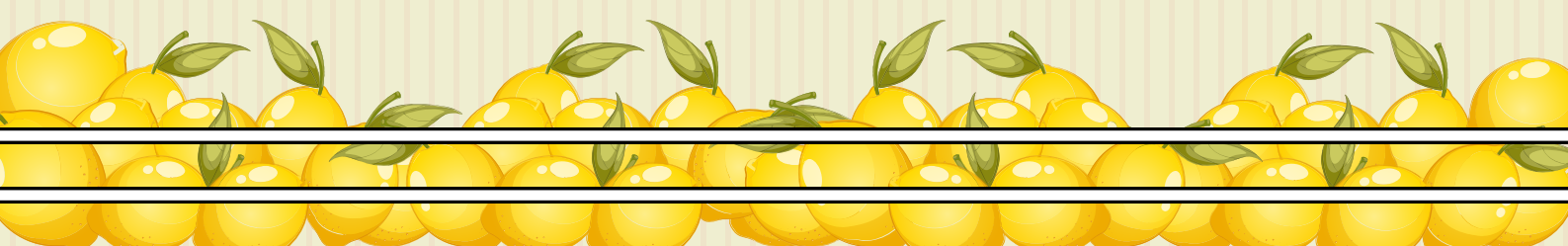
Cabbage

Counters alcohol



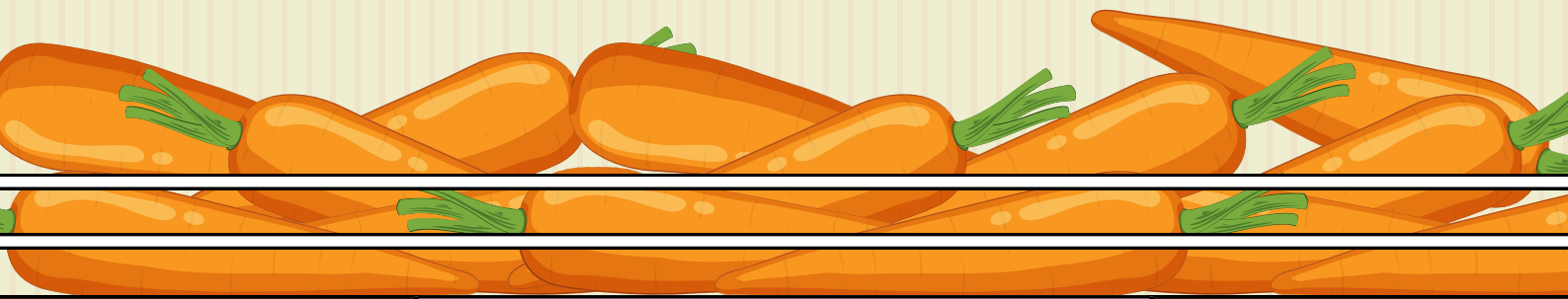
Banana

Relieves cirrhosis



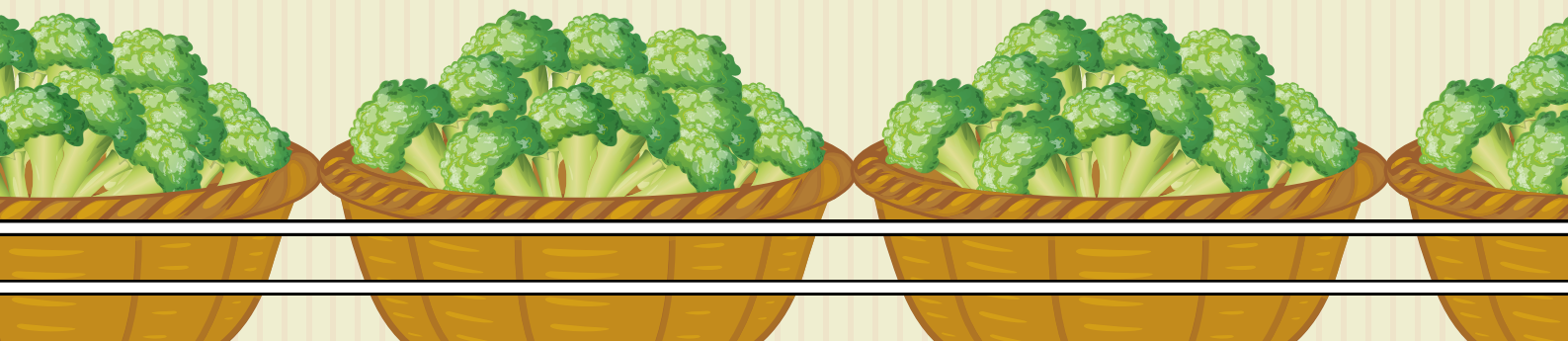
Lemon

Decreases liver damage



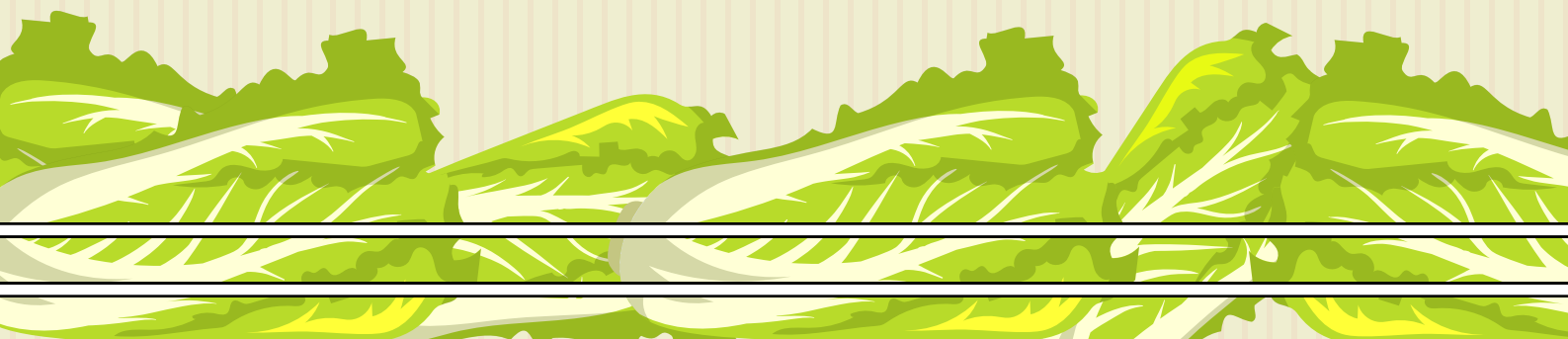
Carrot

Relieves oxidative stress



Broccoli

Protects against infections



Kale

Lowers cholesterol and prevents against Non-Alcoholic Fatty Liver Diseases

Foods To Prevent Alcohol-Related Liver Diseases



Papaya

- Antioxidative activity
- Relieves oxidative stress



Barley

- Anti-fatty liver action



Oat

- Antioxidative activity
- Relieves oxidative stress



Wheat

- Increases lipid metabolism
- Boosts liver function

Improve your liver health using **Livolin Forte.**



References

1. Liver Disease Diets Available at <https://liverfoundation.org/for-patients/about-the-liver/health-wellness/nutrition/>
2. Guan YS, He Q. Plants Consumption and Liver Health. Evid Based Complement Alternat Med.;2015:824185.

