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FATTY LIVER

Complete Food List Reference

"Eat This, Not That" Guide

The research-based, comprehensive, science-based guide to foods that support or harm liver health.

STRUCTURE OVERVIEW

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MESSAGE FROM THE FOUNDER

Hi, I'm Kirby Binayao, Founder of LiverDiet.com.

After years of helping tens of thousands manage chronic kidney disease through RenalTracker, I noticed something strange: many of our members had another silent condition... fatty liver. They didn't even know it — until lab tests or fatigue made it clear.






The good news? The liver is incredibly resilient. With the right food choices, research shows you can reverse early-stage fatty liver and lower your liver enzymes — without extreme dieting or expensive medications.

That's why we built this guide: to simplify the overwhelming advice out there and give you a clear, color-coded roadmap based on real science. Let's eat smarter, live lighter — and heal your liver one bite at a time.

— Kirby

SCIENTIFIC BASIS FOR FOOD RATINGS

This guide is built on dietary recommendations from major clinical bodies including:

-  AASLD (American Association for the Study of Liver Diseases)
-  EASL (European Association for the Study of the Liver)
-  NIH (National Institutes of Health)
-  Cochrane Reviews on NAFLD & dietary interventions
-  Plus clinical trials on diet, sugar, and liver enzyme markers

Each food in this guide was scored based on:

Factor	Why It Matters
Fructose Load	Fructose is metabolized only by the liver and converted to fat — a major NAFLD driver.
Saturated + Trans Fats	These fats increase inflammation and worsen liver fat accumulation.
Fiber Content	Fiber slows blood sugar spikes and supports fat metabolism via gut-liver axis.
Nutrient Density	Whole, antioxidant-rich foods protect liver cells from damage.
Sodium & Additives	Processed, salty, and chemically preserved foods stress liver detox pathways.

REFERENCES

- Younossi Z, et al. (2018). Global burden of NAFLD. Nat Rev Gastroenterol Hepatol.
- Chalasani N, et al. (2018). AASLD Guidance for NAFLD.
- Lim JS et al. (2010). Fructose and liver fat. Nat Rev Gastroenterol Hepatol.
- Zelber-Sagi S et al. (2017). Nutrition and NAFLD. Clin Liver Dis.



FOOD LIST CATEGORIES

VEGETABLES

Eat Often

Spinach
Broccoli
Cauliflower
Kale
Zucchini
Cabbage
Bok choy
Arugula

In Moderation

White potatoes (boiled)
Corn
Cooked carrots
Beets
Sweet corn
Butternut squash
Peas
Pumpkin

Avoid / Limit

French fries
Canned veg w/ salt
Pickled veg in brine
Veggie chips
Creamed spinach
Fried onions
Tempura vegetables
Mashed potatoes (with butter)



FOOD LIST CATEGORIES

FRUITS

Eat Often

Apples

Berries

Pears

Oranges

Grapefruit

Lemons / Limes

In Moderation

Bananas

Grapes

Pineapple

Mango

Watermelon

Papaya

Avoid / Limit

Fruit juices

Dried fruit

Canned fruit in syrup

Fruit smoothies w/ sugar

Acai bowls (sweetened)

Fruit yogurt (sweetened)



FOOD LIST CATEGORIES

PROTEINS

Eat Often

Lentils

Tofu / Tempeh

Grilled chicken

Salmon

Sardines

Black beans

In Moderation

Lean beef

Eggs (2–4/wk)

Ground turkey

Lamb (lean)

Shellfish

Rotisserie chicken

Avoid / Limit

Bacon / sausage

Fried meats

Deli meats

Organ meats

Hot dogs

Chicken nuggets



FOOD LIST CATEGORIES

GRAINS & CARBS

Eat Often

Oats

Quinoa

Brown rice

Millet

Barley

In Moderation

White rice

Whole wheat bread

Sourdough

Whole grain pasta

Couscous

Avoid / Limit

White bread

Instant noodles

Cookies & crackers

Cakes & donuts

Sugary cereals



FOOD LIST CATEGORIES

FATS & OILS

Eat Often

Olive oil

Avocados

Nuts (unsalted)

Chia / flaxseed

In Moderation

Coconut oil

Sesame oil

Flax oil

Nut butters

Avoid / Limit

Butter

Lard

Margarine

Hydrogenated oils



FOOD LIST CATEGORIES

DAIRY & ALTERNATIVES

Eat Often

Almond milk (unsweetened)

Oat milk

Plain soy milk

Kefir (plain)

In Moderation

Greek yogurt

Hard cheese

Cottage cheese

Skim milk

Avoid / Limit

Ice cream

Sweetened yogurt

Flavored milk

Coffee creamers



FOOD LIST CATEGORIES

BEVERAGES

Eat Often

Water

Herbal tea

Lemon water

Infused water

In Moderation

Black coffee

Green tea

Sparkling water (flavored)

Coconut water

Avoid / Limit

Alcohol

Fruit juice

Soda

Energy drinks



FOOD LIST CATEGORIES

CONDIMENTS & SAUCES

Eat Often

Vinegar

Lemon juice

Mustard

Salsa (no sugar)

In Moderation

Soy sauce (low sodium)

Light vinaigrette

Reduced-fat mayo

Pesto

Avoid / Limit

Ketchup

BBQ sauce

Regular mayo

Creamy dressings

BONUS TOOLS

LIVER-FRIENDLY FOOD SWAP CHART

Making changes can feel hard — especially when you're not sure what to eat instead. This simple chart gives you healthy, satisfying alternatives so you never feel deprived.

Instead of...	Try This...
Soda	Sparkling water with lemon or lime
Fruit juice	Whole fruit + water infusion
White rice	Quinoa, brown rice, or cauliflower rice
White bread	Whole grain or sprouted grain bread
Bacon	Grilled chicken breast or smoked tempeh
Butter	Avocado, olive oil, or nut butter
Mayonnaise	Mashed avocado or plain Greek yogurt
Ice cream	Frozen banana + almond milk smoothie
Creamy dressings	Olive oil + lemon or balsamic vinegar
Chips	Roasted chickpeas or baked kale chips
Candy	70% dark chocolate or apple slices with cinnamon
Sweetened yogurt	Plain Greek yogurt + berries
Fried chicken	Oven-baked or air-fried chicken strips
Canned soup (salty)	Homemade veggie or lentil soup
Granola bars	DIY trail mix with nuts, seeds, and no-sugar dried fruit

NEED HELP WITH LIVER SUBSTITUTIONS?

Email us at support@liverdiet.com and our friendly team will be happy to help you choose the best options for your lifestyle and liver health goals.

BONUS TOOLS

HOW TO BUILD A LIVER-FRIENDLY PLATE

Whether you're at home, dining out, or assembling a quick lunch, this plate formula keeps things simple and effective.

The 50-25-25 Rule



50% Non-Starchy Veggies

Ex: spinach, broccoli, zucchini, cabbage, kale



25% Lean Protein

Ex: grilled chicken, tofu, legumes, fish



25% Whole Grains or Complex Carbs

Ex: brown rice, quinoa, lentils, sweet potatoes



Add 1 tbsp of healthy fat

Ex: olive oil, avocado, seeds, or chopped nuts

Pro Tips:



Flavor with herbs, citrus, garlic, and spices — not sugar or salt



Drink water, lemon water, or herbal tea with your meals



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WHATS THE NEXT STEP?

Want to make the most of this guide?

Visit [LiverDiet.com/masterclass](https://livediet.com/masterclass) to join our **free liver health masterclass**, hosted by our team of liver diet experts.

You'll discover the 3-step method that has helped 10,000+ adults reverse fatty liver naturally — and get a personalized plan you can start using today.