

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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- Color-Coded Food Lists by Category
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 Join the Free Masterclass





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.



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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
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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.





Eat Often

VEGETABLES

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Spinach	White potatoes (boiled)	French fries
Broccoli	Corn	Canned veg w/ salt
Cauliflower	Cooked carrots	Pickled veg in brine
Kale	Beets	Veggie chips
Zucchini	Sweet corn	Creamed spinach
Cabbage	Butternut squash	Fried onions
Bok choy	Peas	Tempura vegetables
Arugula	Pumpkin	Mashed potatoes (with butter)

In Moderation



Avoid / Limit



FRUITS

Eat Often	In Moderation	Avoid / Limit
Apples	Bananas	Fruit juices
Berries	Grapes	Dried fruit
Pears	Pineapple	Canned fruit in syrup
Oranges	Mango	Fruit smoothies w/ sugar
Grapefruit	Watermelon	Acai bowls (sweetened)
Lemons / Limes	Papaya	Fruit yogurt (sweetened)





PROTEINS

Eat Often	in Moderation	Avoid / Limit
Lentils	Lean beef	Bacon / sausage
Tofu / Tempeh	Eggs (2-4/wk)	Fried meats
Grilled chicken	Ground turkey	Deli meats
Salmon	Lamb (lean)	Organ meats
Sardines	Shellfish	Hot dogs
Black beans	Rotisserie chicken	Chicken nuggets





GRAINS & CARBS

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Eat Often	In Moderation	Avoid / Limit

Oats	White rice	White bread
Quinoa	Whole wheat bread	Instant noodles
Brown rice	Sourdough	Cookies & crackers
Millet	Whole grain pasta	Cakes & donuts
Barley	Couscous	Sugary cereals





FATS & OILS

Eat Often	In Moderation	Avoid / Limit
Olive oil	Coconut oil	Butter
Avocados	Sesame oil	Lard
Nuts (unsalted)	Flax oil	Margarine
Chia / flaxseed	Nut butters	Hydrogenated oils





DAIRY & ALTERNATIVES

Eat Often In Moderation	Avoid /	/ Limit
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Almond milk (unsweetened)	Greek yogurt	lce cream
Oat milk	Hard cheese	Sweetened yogurt
Plain soy milk	Cottage cheese	Flavored milk
Kefir (plain)	Skim milk	Coffee creamers





BEVERAGES

Eat Often	In Moderation	Avoid / Limit
Water	Black coffee	Alcohol
Herbal tea	Green tea	Fruit juice
Lemon water	Sparkling water (flavored)	Soda
Infused water	Coconut water	Energy drinks





CONDIMENTS & SAUCES

Eat Often	In Moderation	Avoid / Limit
Vinegar	Soy sauce (low sodium)	Ketchup
Lemon juice	Light vinaigrette	BBQ sauce
Mustard	Reduced-fat mayo	Regular mayo
Salsa (no sugar)	Pesto	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

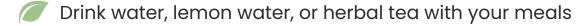


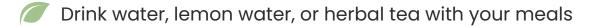
Add 1 tbsp of healthy fat

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

Pro Tips:







WHATS THE NEXT STEP?

Want to make the most of this guide?

Visit_<u>LiverDiet.com/masterclass</u> 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.

