



THE HEALTHY



LIVER PANTRY





Your invitation to a healthy liver for life.



Anisha Vijh RD, MHS(c)

Health Promotion Program Coordinator,
Canadian Liver Foundation

Dear Reader,

Choosing what to eat for your next meal can be confusing, especially for those living with chronic liver diseases such as non-alcoholic steatohepatitis, or better known in short as NASH.

Several stumbling blocks – including portion size, food access and affordability, preparation time, and preferred taste – can get in the way of consuming healthy meals on a consistent basis. Nutrition and a healthy liver are closely linked. Your liver plays a key role in converting food into the building blocks needed to keep your body going. While the liver is one of the most resilient organs in the human body (it’s a powerhouse!),

eating a healthy balanced diet can protect its extraordinary strength and allow it to carry out its 500+ functions.

To support those living with liver disease and to inspire Canadians to pursue a more liver-friendly lifestyle, the Canadian Liver Foundation has created The Healthy Liver Pantry. This community resource is fully stocked with recipes rich in pantry staples (think whole grains, fruits and vegetables, beans and legumes, and healthy fats such as extra virgin olive oil), practical liver health tips, and expert advice.




We hope you enjoy these easy and flavourful recipes and learn a little bit more about your liver along the way!

P.S. Don’t forget to share your creations with us! Post a photo or video on social media and make sure to tag us.

#LiverFacts

The liver is one of the largest and most important organs in the human body.



-  @LiverCanada
-  @LiverCanada
-  @LiverCanada



Overnight Coconut Chia Breakfast Bowl

If you dream of waking up to a delicious and effortless breakfast, this make-ahead chia bowl is for you. It's packed with protein and fresh fruit, an unexpected serving of greens, and is free from added sugars. We promise you won't even taste the spinach!

PREP TIME: 10 MINUTES

TOTAL TIME: 7-8 HOURS

SERVES: 1-3

- 2 large handfuls of spinach
 - 1 cup whole coconut milk
 - 1/2 tbsp almond butter
 - 1/2 tsp vanilla extract
 - 1/2 tsp cinnamon
 - 1/4 cup chia seeds
1. Combine the spinach and coconut milk in a high-powered or compact blender and blend until all the spinach is smooth without any large chunks remaining.
 2. Add the coconut milk and spinach mixture, almond butter, vanilla extract, and cinnamon to a bowl and use a whisk to mix to combine.
 3. Add in the chia seeds and whisk again. Set aside for 10 minutes and then whisk one final time until the chia seeds have started to absorb some of the liquid.

NOTES

- We use canned coconut milk for this recipe but feel free to use any coconut milk you can find at your grocery store. You can even substitute for almond, oat, cashew, or dairy milk.
 - While this recipe is naturally sweet – thanks to warm cinnamon spice and almond butter, if you prefer a sweeter taste, you can add one or two medjool dates. If using, blitz the dates with the coconut milk and spinach mixture (step one).
 - Up the protein with your favourite protein powder. Add your protein powder of choice to your blender with the spinach and coconut milk (step one).
4. Cover and transfer to the fridge for the night to let the ingredients set into a pudding-like consistency. If you want to consume quicker, set for an hour, and enjoy.
 5. Serve in bowls with your favourite toppings such as berries, hemp seeds, sliced almonds, bananas, pecan pieces, or toasted coconut.



The goods on liver health from those in the know.

Do you have any advice on how to incorporate more liver friendly meals into your diet, especially ones that are kid friendly?

Melanie Bragga, NAFLD Community Member

"As a parent of an eight-year-old picky eater, it definitely can be difficult to have your child eat at the same healthy level as you. I started by changing the way I prepared and made the food. Try incorporating more grilling, roasting, and even barbequing. Also, limit the amount of salt used in all foods. If you already use different seasonings, keep in mind, a lot of them already contain lots of salt. Believe me, your liver will thank you later."

"Don't forget to treat yourself occasionally and do what works for you and your family. There will be a lot of trial-and-error dinner moments but all you can do is try your best."

What are the best foods to add to my kitchen for optimal liver health?

Courtesy: Dr. Katherine Schwenger

"I recommend a diet that is rich in healthy fats, specifically extra virgin olive oil, nuts, seeds, and fatty fish like salmon; fibrous foods like fruits and vegetables; whole grain bread and pasta; and beans, peas, and lentils."





Baked Blueberry Oats Muffin Smoothie

This smoothie is easily disguised as something out of a perfect morning pastry dream – except without the refined sugar. Vivid purple in colour and coming together in minutes, it's a great option for a morning, lunch, or afternoon snack.

PREP TIME: 10 MINUTES
TOTAL TIME: 15 MINUTES
SERVES: 1-2

- 1 cup of frozen wild blueberries
 - 1/2 of a frozen banana
 - 1/3 cup of rolled oats
 - 2 medjool dates, pitted
 - 3/4 cup of almond milk
 - 1/2 tbsp almond butter
 - 1 tsp vanilla extract
 - 1/2 tsp cinnamon
 - 1 tbsp of milled flaxseed
 - 1 tbsp of hemp seeds
1. Combine all the ingredients in your blender and start blending on low for 30 seconds, blending for another two minutes on medium-high.
 2. If your smoothie is too thick, feel free to add additional liquid such as more almond milk, water, or even black coffee. Pour into a mason jar or glass and enjoy.

NOTES

- If you are gluten intolerant or gluten sensitive, you can replace the rolled oats with gluten free oats. Be careful to read the package's food label to ensure the oats are labelled 'gluten free'.
- Feel free to use oat, cashew, macadamia, or dairy milk in place of the almond milk.
- If you'd like to add some greens to your smoothie, a handful of spinach is a great addition to this recipe. Just note that it will alter the colour of the smoothie to a less vibrant purple.

#LiverFacts

Every single day, your liver helps your body by providing it with energy, fighting off infections and toxins, helping to clot the blood, producing bile, regulating hormones, and much more.





Avocado Tzatziki Chopped Greek Salad

An avocado and tzatziki spin on Greek salad? Yes please! The real secret to this easy and crowd-pleasing recipe is the dressing. Creamy with a hint of spice, it will win you over not just in salad, but on everything else too.

PREP TIME: 30 MINUTES

TOTAL TIME: 45 MINUTES

SERVES: 4-6

- 1 large cucumber, chopped
- 1 yellow pepper, seeds removed and chopped
- 1 orange pepper, seeds removed and chopped
- 1 red pepper, seeds removed and chopped
- 2 cups cherry tomatoes, halved
- 1 medium red onion, finely chopped
- 1 can of chickpeas, rinsed and drained
- 1/2 cup black olives, pitted and halved
- 1/2 cup crumbled feta cheese (optional)

AVOCADO TZATZIKI DRESSING

- 1 cup of plain Greek yogurt
- 1-2 avocados, pitted and scooped
- 1 cup cucumber, peeled and diced
- 1/2 lemon, juiced
- 1 tbsp fresh lemon zest
- 3 cloves of garlic, minced
- 1/3 cup fresh dill, chopped
- 1/2 tsp sea salt
- 1/2 tsp ground black pepper
- 1 jalapeno pepper, seeds removed and chopped (optional)

#LiverFacts

The liver is a resilient organ, that continues to function even when two-thirds of it is damaged. It's the only organ that regenerates.





1. Add the chopped cucumber, peppers, tomatoes, onion, and black olives to a large mixing bowl. After draining and rinsing, add the chickpeas and if using, follow with crumbled feta cheese and set aside.
2. **For the dressing:** In a food processor, add the yogurt, avocado, cucumber, lemon juice, lemon zest, garlic, dill, salt and pepper, and jalapeno pepper (if using). Process until smooth and all ingredients are fully mixed. Use a spatula to scrape down the sides if necessary to finish blending.
3. Add 1 to 2 tbsp of dressing to the mixing bowl. At your discretion, you can add ½ tbsp of olive oil to thin out the dressing. Use tongs or spoons to mix your salad with the dressing, tossing until fully mixed.

NOTES

- If you're vegan or are lactose intolerant, feel free to omit the feta cheese from the salad ingredients. The feta is not necessary for this salad to be delicious and unforgettable.
- The more time you take to finely chop the vegetables, the tastier this salad becomes since you're getting more of the flavours in each bite. It's worth the extra effort!
- Depending on your tolerance of spice, feel free to omit the jalapeno peppers from the recipe or add a second one if you enjoy this kind of heat.
- If you're looking for additional protein, feel free to add chopped grilled chicken breast, salmon, or tofu to the salad.

#LiverFacts

The liver is a powerhouse organ, performing over 500 functions that are vital to life.



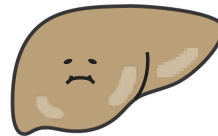
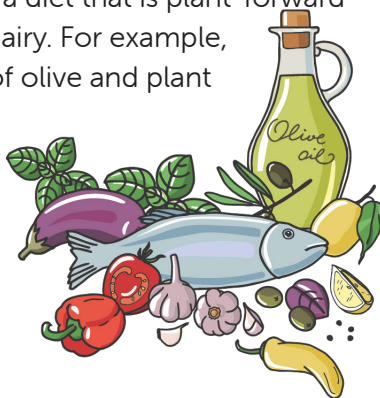


Stock up on liver health tips.



Drinking 2 to 3 cups of black coffee a day can reduce your risk of liver cancer, fibrosis (scar tissue that builds up in the liver) and cirrhosis, and can slow down the progression of liver disease.

Eating a well-balanced diet is essential to overall liver health. The Mediterranean Diet is an excellent example. It's a diet that is plant-forward and low in meat and dairy. For example, encouraging the use of olive and plant oils over butter. It includes plenty of vegetables, fruits, nuts, fish, and fibrous foods, which support liver function.



Did you know that fatty liver disease affects at least 25% of Canadians, making it the most common form of liver disease in Canada? What can you do if you have fatty liver disease?

1. Remove sugar or sweetener from your daily cup of coffee.
2. Reduce fast food consumption.
3. Allow healthy fats in your diet like olive oil, nuts, seeds, avocado, and fish.
4. Consider swapping animal proteins with plant-based proteins like tofu, lentils, chickpeas, and potatoes.
5. Eat foods rich in antioxidants like berries and leafy green vegetables.
6. If you choose to drink alcohol, less is best.

#LiverFacts

Anyone who has a liver can be impacted by liver disease. That means all of us.





Avocado Smash Salmon Tacos

Who doesn't love tacos!? We think these fish tacos are an ideal concoction of fresh, spice, and tang. Loaded with colourful veggies, bright herbs, and fiery spices, this recipe is sure to stand out at your next fiesta!

PREP TIME: 35 MINUTES
TOTAL TIME: 55 MINUTES
SERVES: 3-5

FOR THE AVOCADO SMASH:

- 2-3 ripe avocados
- 1-2 tsp of your favourite hot sauce
- 1 lime, juiced
- 1 tsp of garlic powder
- 1/2 tsp salt
- 1/4 tsp ground black pepper

FOR THE DILL CABBAGE SLAW:

- 2-3 cups purple cabbage, chopped thinly
- 3/4 of a large cucumber, skin left on, chopped
- 1/3 cup dill, chopped
- 1/4 cup white wine vinegar
- 1/4 tsp salt
- 1/4 tsp ground black pepper

FOR THE SALMON:

- 1-2 lbs fresh salmon, skin removed
- 2 1/2 tsp chili powder
- 1 tsp onion powder
- 1-2 garlic cloves, minced
- 1 tsp dried oregano
- 1 lime, zested and juiced
- 1 tbsp of extra virgin olive oil
- 1 handful of fresh cilantro, stemmed and roughly chopped
- 8-10 whole grain tortillas, small



FOR THE AVOCADO SMASH:

1. After slicing your avocados in half, remove the pit and scoop the flesh into a bowl.
2. To the same bowl, add in the hot sauce, lime juice, salt, pepper, and garlic powder. Mash together with a fork to mix. Feel free to leave the avocado chunky or to your desired texture.

FOR THE DILL CABBAGE SLAW:

1. Combine the chopped cucumber, thinly chopped cabbage, and chopped dill, salt, pepper, and white wine vinegar in the mixing bowl, and mix well before setting aside.

FOR THE SALMON & TACO ASSEMBLY:

1. Remove the skin from the fillet of salmon and cut into thick cubes, adding to a mixing bowl.
2. Add the lime juice, chili powder, minced garlic cloves, dried oregano, and lime zest into the bowl. Mix well with tongs or softly with a spoon.
3. Add the olive oil to a large skillet and once heated, use tongs to add the salmon pieces to the pan.
4. Once cooked all the way through to a browned and crispy state, remove the salmon from the heat.

5. Warm and brown your tortillas in your skillet or in the oven until the tortilla starts to puff up. Don't be afraid to let it crisp up and brown a little.
6. Add three to four chunks of salmon down the centerline of the tortilla.
7. On one side of the salmon, add a layer of Spicy Avocado Smash and a layer of Dill Cabbage Slaw to the other side.
8. Garnish with fresh cilantro and enjoy!

NOTES

- If you find it difficult to remove the skin from the salmon, this is easily done after cooking as well.
- If you have any Avocado Tzatziki dressing from our Chopped Greek Salad recipe, this is an extra sauce that compliments the flavours of the taco so well. Use as a base sauce on the tortilla under the salmon.
- Sometimes not all ingredients are accessible at every grocery store, if you can't find purple cabbage, feel free to use green. We just love how the purple adds a splash of colour and beauty to our plates!
- If you're sensitive to spice, feel free to leave the hot sauce out of the Spicy Avocado Smash. We love the way this spice gets balanced out with the creamy avocado and tangy Dill Cabbage Slaw.



Let's keep everyone liver healthy. This is how your donation does that.

Every dollar you give makes an impact. With your generosity, you help fund educational and advocacy initiatives that benefit millions of Canadians.

\$25 donation

Covers the cost of an individual's participation in a one-day liver public health forum, which will dispel myths and misconceptions about liver disease and provide positive, preventative and practical information for better liver health.

\$50 donation

Allows Liver Canada to educate 1,000 people through public education campaigns that provide positive, preventative and practical tips and tools to help Canadians maintain their liver health in their daily lives.

\$300 donation

Supports six information sessions for patients with liver disease, allowing patients and caregivers to learn from experts about living with or support someone with liver disease and connect with other patients and caregivers who are willing to help others by sharing their personal experiences.

\$350 donation

Funds one day of training for medical students to become liver specialists (hepatologists) and provide the highest quality care to individuals living with liver disease. The prevention, management and treatment of liver disease can be complex and additional training is essential for these individuals to become local, regional, national and international leaders in hepatology.

\$1,150 donation

Funds one day of comprehensive national liver education and patient support programs across the country – providing liver health information and offering patient support in multiple languages and through various activities to patients with liver disease, their families and friends and the general public.

Go to www.liver.ca/donate today and join us in keeping everyone liver healthy.



DISCLAIMER

While these recipes were produced to complement a balanced diet with an emphasis on daily consumption of fruits, vegetables, whole grains, and healthy fats such as extra virgin olive oil, they are not meant to replace the advice of your health care provider or a registered dietitian. If you have a specific health condition or are looking for nutritional counseling, please consult your health care provider.

To find a dietitian in your area, visit dietitians.ca and search under "Find a Dietitian" or call your local public health department, hospital, or community health centre.

Recipes Courtesy of Laura Dellandrea, Holistic Nutritionist