

Liver-Healthy Shopping Guide



Liver Health & Nutrition

- The liver is the body's most efficient battery, it powers our body by storing & releasing energy.
- The liver plays a key role in converting the food we eat into the chemicals essential for life.
- It is very important to make liver healthy food choices to optimize our liver health.
- There is *no* specific liver diet, but these general guidelines can promote the best liver functioning.

Canadas Food Guide Recommendations

- Canada's Food Guide to Healthy Eating <https://food-guide.canada.ca/en/>
- Choose a variety of foods from all four groups of the *Canada's Food Guide* when planning meals.
- Eat a variety of healthy foods each day, foods high in protein, whole grain products and drink water.
- Wash fruit and vegetables right before use to remove pesticides. Avoid washing too far ahead to reduce sweating/spoilage.
- Focus on lower fat food choices within each of the four food groups outlined in the food guide.

Other Nutrition Guidelines



- Eat regular small meals and do not skip meals or overeat during meals throughout the day.
- Eat at least 2 servings from the meat and alternatives food group (meat, fish, peanut butter, beans).
- Always aim to drink 6 to 8 glasses of fluid a day, preferably being water as your drink of choice.
- Avoid alcohol or if drinking, do not have more than 1 to 2 drinks per occasion, never daily basis.



Liver Healthy Eating Tips

- Limit highly processed foods. If you choose these foods, eat them less often and in small amounts.
- Eat plenty of vegetables and fruits, whole grain foods and protein foods. Choose protein foods that come from plants more often.
- Compare the nutrition facts table on foods to choose products that are lower in sodium, sugars or saturated fat.
- Consult with doctor if taking vitamin supplements.

Liver-Healthy Food Choices

<p>Vegetables</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Leafy Greens <input type="checkbox"/> Cabbage <input type="checkbox"/> Kale <input type="checkbox"/> Spinach <input type="checkbox"/> Bok Choy <input type="checkbox"/> Broccoli <input type="checkbox"/> Carrots <input type="checkbox"/> Peppers <input type="checkbox"/> Tomatoes 	<ul style="list-style-type: none"> <input type="checkbox"/> Brussel Sprouts <input type="checkbox"/> Romaine Lettuce <input type="checkbox"/> Cucumbers <input type="checkbox"/> Asparagus <input type="checkbox"/> Green Peas <input type="checkbox"/> Potatoes <input type="checkbox"/> Yams <input type="checkbox"/> Seaweeds
<p>Fruits</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Berries <input type="checkbox"/> Strawberries <input type="checkbox"/> Pears <input type="checkbox"/> Oranges <input type="checkbox"/> Apples <input type="checkbox"/> Peaches <input type="checkbox"/> Pineapple <input type="checkbox"/> Grapes <input type="checkbox"/> Papaya 	<ul style="list-style-type: none"> <input type="checkbox"/> Mangoes <input type="checkbox"/> Citrus Fruits <input type="checkbox"/> Canned Fruits <input type="checkbox"/> Avocado <input type="checkbox"/> Olives <input type="checkbox"/> Cantaloupe <input type="checkbox"/> Watermelon <input type="checkbox"/> Kiwis <input type="checkbox"/> Honeydew Melon
<p>Legumes</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Green Split Peas <input type="checkbox"/> Yellow Split Peas <input type="checkbox"/> Red Lentils <input type="checkbox"/> Brown Lentils <input type="checkbox"/> Chickpeas <input type="checkbox"/> Kidney Beans 	<ul style="list-style-type: none"> <input type="checkbox"/> Black Beans <input type="checkbox"/> Pinto Beans <input type="checkbox"/> Green Lentils <input type="checkbox"/> Yellow Lentils <input type="checkbox"/> Black Lentils <input type="checkbox"/> Beluga Lentils
<p>Meat, Eggs & Seafood</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Chicken <input type="checkbox"/> Lamb <input type="checkbox"/> Eggs <input type="checkbox"/> Lean Cuts <input type="checkbox"/> Lean Beef <input type="checkbox"/> Lean Pork <input type="checkbox"/> Lean Lamb <input type="checkbox"/> Turkey 	<ul style="list-style-type: none"> <input type="checkbox"/> Tuna <input type="checkbox"/> Salmon <input type="checkbox"/> Sardines <input type="checkbox"/> Mackerel <input type="checkbox"/> Trout <input type="checkbox"/> Char <input type="checkbox"/> Herring <input type="checkbox"/> Shellfish

<p>Nuts and Seeds</p>  <p><i>Nut allergies are common in Canada. It is important to be careful and to read food labels.</i></p> <p><i>Choose dry roasted nuts and seeds without added:</i></p> <ul style="list-style-type: none"> • sugars • fat (oils) • sodium (salt) • peanut butter or other nut butters that list peanuts or nuts as the only ingredient. 	<ul style="list-style-type: none"> <input type="checkbox"/> Brazil Nuts <input type="checkbox"/> Almonds <input type="checkbox"/> Cashews <input type="checkbox"/> Walnuts <input type="checkbox"/> Hazelnuts <input type="checkbox"/> Dried Nuts <p><i>Choose ones with little to no added:</i></p> <ul style="list-style-type: none"> • sodium • sugars • Trans and saturated fats 	<ul style="list-style-type: none"> <input type="checkbox"/> Linseed <input type="checkbox"/> Sunflower Seeds <input type="checkbox"/> Sesame Seeds <input type="checkbox"/> Pecans <input type="checkbox"/> Peanuts <input type="checkbox"/> Flaxseed
<p>Whole Grain Foods</p>  <p><i>Some grain foods can have a lot of added sodium, sugars or saturated fat. These include foods like:</i></p> <ul style="list-style-type: none"> • breads • muffins • crackers • pasta dishes <p><i>Read the ingredient list and choose foods that have the words "whole grain" followed by the name of the grain as one of the first ingredients:</i></p> <ul style="list-style-type: none"> • whole grain oats • whole grain wheat 	<ul style="list-style-type: none"> <input type="checkbox"/> Whole grain pasta <input type="checkbox"/> Whole grain bread <input type="checkbox"/> Whole oats/oatmeal <input type="checkbox"/> Whole grain brown rice <input type="checkbox"/> Whole grain wild rice <input type="checkbox"/> Couscous <input type="checkbox"/> Amaranth <input type="checkbox"/> Kamut <p><i>Make sure your choices are actually whole grain. Whole wheat and multi-grain foods may not be whole grain. Some foods may look like they are whole grain because of their colour, but they may not be.</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Quinoa <input type="checkbox"/> Buckwheat <input type="checkbox"/> Barley <input type="checkbox"/> Bran <input type="checkbox"/> Rye <input type="checkbox"/> Pumpernickel bread <input type="checkbox"/> Stone Ground bread <input type="checkbox"/> Sourdough bread <p><i>Whole wheat foods are not whole grain but can still be a healthy choice as they contain fibre.</i></p>

<p>Dairy & Beverages</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Lower Fat Milk <input type="checkbox"/> Reduced Fat Milk <input type="checkbox"/> Almond Milk <input type="checkbox"/> Oat Milk <input type="checkbox"/> Rice Milk <input type="checkbox"/> Fortified Soy Milk <p><i>For plant-based beverages such as almond, oat and rice milks, it is recommended to check food labels on these products to ensure they are “vitamin D fortified”.</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Spring Water <input type="checkbox"/> Distilled Water <input type="checkbox"/> Filtered Water <input type="checkbox"/> Coffee <input type="checkbox"/> Green Tea <input type="checkbox"/> 100% Juices
<p>Oils & Fats</p>  <p><i>Fat is an important part of our diet, but it is important to remember that any fat or oil, including the ones on this list, may be harmful when consumed in excess. Choose mostly heart-healthy oils and try to limit the number of foods with saturated and trans fats.</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Olive Oil <input type="checkbox"/> Flaxseed Oil <input type="checkbox"/> Avocado Oil <input type="checkbox"/> Safflower Oil <input type="checkbox"/> Sesame Oil <input type="checkbox"/> Sunflower Oil 	<ul style="list-style-type: none"> <input type="checkbox"/> Peanut Oil <input type="checkbox"/> Corn Oil <input type="checkbox"/> Canola Oil <input type="checkbox"/> Unsalted non-hydrogenated margarine

The ‘**Liver-Healthy Shopping Guide**’ is not an exhaustive list of healthy food choices, nor is it 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 with your health care provider. To find a dietitian in your area, visit www.dietitians.ca and search under ‘Find a Dietitian’ or call your local public health department, hospital or community health centre.

For more information on liver health, please contact the Canadian Liver Foundation at 1-800-563-5483 or visit www.liver.ca

References and Additional Resources:
[Canada’s Food Guide](#)
[Dietitians of Canada – Unlock Food](#)

This information is current for June 2021.