

Healthy Eating Choices for People with Liver Disease and Diabetes

by Melissa Reyes

November 2007

- 30-40% of the diet should consist of raw fruits and vegetables.
- Try to eat some raw fruits or vegetables with every meal.
- Eat the good fats which contain essential fatty acids in their natural unprocessed form.
- Seeds such as flaxseeds can be ground freshly everyday (in a regular coffee grinder or food processor) and can be added to cereals, smoothies, fruit salads and vegetables.
- Good fats are essential to build healthy cell membranes around the liver cells.
- If you do not want to eat red meat or poultry, this is acceptable as there are many other sources of protein.
- It is safe to be a strict vegetarian; however you may need to take supplements of vitamin B12, iron, taurine, and carnitine to avoid poor metabolism and fatigue.
- Proteins provide essential amino acids. If your body is lacking amino acids you will be fatigued and you may suffer with mood changes, reduced cognitive function, hypoglycemia, poor immune and liver function and hair loss.

Good for me:

Liquids (2 liters of fluid daily):

Apple juice
Beet juice
Black tea (weak)
Carrot juice
Celery juice
Cranberry juice
Grape juice
Green tea
Guava juice
Herbal tea
Iced Tea
Lemonade
Lime juice
Mango juice
Mixed Fruit juices
Oat milk
Orange juice
Passion Fruit juice
Pear juice
Pink grapefruit juice
Pomegranate juice

Prune juice
Raspberry tea
Raw juices
Red wine
Rice milk
Soy milk
Sparkling water
Tomato juice
V8 Fusion – light (low sugar)
V8 juice – low sodium
Vegetable Juice
Vitamin water
Water

Vegetables:

Alfalfa seeds
Alfalfa sprouts
Artichokes
Arugula
Asparagus
Avocados
Baby carrots
Beets
Bell peppers
Bok Choy
Broccoli
Broccoli sprouts
Brussels sprouts
Butternut squash
Butternut squash
Cabbage
Carrots
Cauliflower
Celery
Chinese mushrooms
Chinese water spinach
Chives
Collard greens
Corn
Cucumbers
Edamame (soy beans)
Eggplant
Fruits and vegetables that are orange
Green beans
Green leafy vegetables
Green peppers

Kale
Kelp
Leeks
Lemongrass
Lemons
Mushrooms
Mustard greens
Onion
Parsley
Peas
Persimmons
Potato
Pumpkin
Purple fruit and vegetables
Quinces
Radishes
Raw vegetables
Red cabbage
Red fruit and vegetables
Red onion
Red peppers
Romaine lettuce
Salad
Scallions
Sea vegetables
Shallot
Soy
Spinach
Sweet corn
Sweet potato
Sweet potatoes
Tomatoes
Unpasteurized sauerkraut
Watercress
Winter squash
Yams
Yellow bell pepper

Fruit:

Apples
Apricots
Bananas
Cantaloupe
Citrus fruits
Coconut
Fruits and vegetables that are orange

Grapes
Guava
Kiwi fruit
Lemons
Mandarin Oranges
Mango
Mango
Olives
Oranges
Papaya
Peaches
Pears
Persimmons
Pink grapefruit
Plums
Pomegranate
Prunes
Purple fruit and vegetables
Purple grapes
Quinces
Raisins
Raspberries
Raw fruits
Red fruit and vegetables
Strawberries
Tangerines
Watermelon

Berries:

Bilberry
Black currant
Blackberries
Blueberries
Cherries
Cranberries
Grapes
Raisins
Raspberries
Strawberries

Grains:

Barley-grass
Bran
Bran flakes
Brown rice
Buckwheat

Bulgur (cracked wheat)

Flaxseed meal

Flaxseeds (ground flaxseeds have more anticancer properties than fax oil alone, 25 grams per day is recommended, mix in smoothies or sprinkle on cereal, yogurt, or salad)

Grains

Hemp seeds

High-fiber cereals

Kasha

Linseeds

Millet

Oatmeal

Oats

Popcorn

Quinoa (a whole grain)

Rye

Wheat

Wheat germ

Whole grain bread

Whole grains

Whole wheat pasta

Whole-grains

Whole-wheat bread

Whole-wheat crackers

Whole-wheat pasta

Whole-wheat tortillas

Wild rice

Fish/Seafood:

Bass

Crayfish

Flounder

Herring

Lobster

Mackerel

Oily fish

Prawns

Red snapper

Sablefish

Salmon

Sardines

Shrimp

Trout

Tuna (packed in water)

Oils:

Black currant seed oil

Borage oil (borage seed oil, also known as starflower oil, is an anti-inflammatory, good for arthritis and healthy for diabetics)

Canola oil

Coconut oil (keep to a minimum)

Cod liver oil

Cold pressed oils

Evening primrose oil

Fish oil

Flax oil

Grape seed oil

Olive oil (extra virgin, best for cooking)

Rapeseed oil

Seed oils

Vegetable oils (limit to small amounts)

Walnut oil

Other:

Carob

Dark chocolate

Dark green leafy vegetables

Date sugar

Dried fruits like cranberry, raisins, dried blueberries

Meats (limit to occasional use)/Other sources of protein:

Chicken without the skin (free range/organic)

Eggs (organic)

Fat free yogurt

Lean fresh meats

Raw fresh nuts

Raw fresh seeds

Soy

Turkey

Turkey

Yogurt (organic)

Soups:

Black Bean Soup

Chili

Gazpacho

Miso Soup

Pea Soup

Potato Leek Soup

Vegetable Soup

Herbs/Spices:

Cinnamon

Curry
Garlic
Ginger
Ginseng
Mustard
Paprika
Parsley
Red clover
Rosehips
Sesame
Soy flour
Turmeric
Wheat germ
Wheatgrass
Yeast powders

Sweeteners:

Barley malt
Evaporated cane juice
Fructose
Fruit juices
Honey
Jams and jellies (low sugar variety)
Maple syrup
Molasses
Natural Sugars
Preserves
Raisins
Rice syrup
Stevia
Sugar alcohols

Cheeses:

Cottage cheese
Low fat cheese
Mozzarella cheese
Ricotta cheese

Nuts and Seeds:

Almonds
Brazil nuts (only eat occasionally due to extremely high amount of Omega 6)
Cashews
Flaxseeds (ground flaxseeds have more anticancer properties than flax oil alone, 25 grams per day is recommended, mix in smoothies or sprinkle on cereal, yogurt, or salad)
Hazelnuts
Hemp seeds

Kasha
Linseeds
Macadamia nuts
Peanuts (non-salted, not honey roasted)
Pecans
Pine nuts
Pistachios
Popcorn (okay, not a seed or nut, but seems to go in this category!)
Pumpkin seeds
Sesame seeds
Soy nuts
Sunflower seeds
Walnuts

Legumes/Beans:

Black Beans
Chickpeas
Fava beans
Free range chicken without the skin
Fruit cakes
Fruit jams
Fruit juices
Fruit sorbet (instead of ice cream)
Garbanzo beans
Gazpacho
Guacamole
Kidney Beans
Lima beans
Miso
Mustard
Navy beans
Nut butters
Nut spreads
Other Good Stuff
Peas
Pesto
Pinto beans
Relish
Salad Dressing
Soups (low sodium, home made with natural products)
Soy beans
Soy sauce
Spaghetti sauce
Tahini
Tempeh (soy)
Unpasteurized sauerkraut

Healthy Combinations/Healthy Choices:

Carrots and tomatoes together (Lycopene and beta carotene together)
Cottage cheese with fruit
Fish and broccoli together
Free range chicken without the skin
Fruit and vegetables together
Fruit sorbet (instead of ice cream)
Fruits and vegetables that are orange
Garlic and fennel together
Gazpacho
Green drinks like wheatgrass and barley-grass juice (yeah, right!)
Green leafy vegetables with full fat dressing
High-fiber cereals with fruit
Hummus and Pita Bread
Jams and jellies (low sugar) with nut butter on multigrain bread
Lean fresh meats with vegetables and brown rice
Miso Soup
Oatmeal with blueberries
Omelet with spinach, tomatoes and mushrooms
Popcorn with canola oil (not butter)
Purple fruit and vegetables
Raw fresh nuts
Raw fresh seeds
Raw fruits
Raw juices
Raw vegetables
Red beans and rice (any bean with any grain is good)
Red fruit and vegetables
Red wine (limit to one - two 5 oz. glasses per day)
Salad with fruit and nuts
Salsa and avocado together
Spaghetti sauce with wheat pasta, low fat mozzarella and veggies
Spinach sautéed in olive oil with garlic and tomatoes
Tahini sauce on a falafel or as a dip
Tofu (extra firm, substitutes as cheese)
Tomatoes and olives or cheese together
Yogurt smoothies with fresh fruit and ground flaxseed

Healthy Nutrients (look for these on labels):

- ♦ **Acidophilus lactobacillus** (live active cultures in yogurt)
- ♦ **Anthocyanidin** (a group of natural **flavonoids** found in cherries, currants, blueberries, cranberries, red cabbage, and eggplant)
- ♦ **Anthocyanins** (blackcurrant, chokeberry, eggplant, orange, blackberry, raspberry, cherry, redcurrant, red grape, red wine, red cabbage, red and black beans, asparagus, pea, banana, fennel, pear, and potato)

- ♦ **Anti-cancer phyto-nutrients** (soy, flax oil)
- ♦ **Anti-cancer properties** (ground flaxseeds have more anticancer properties than flax oil alone, 25 grams per day is recommended, mix in smoothies or sprinkle on cereal, yogurt, or salad)
- ♦ **Antioxidants** (fresh raw juices, carrot, celery, beet, dandelion, apple, pear, and green drinks like wheatgrass and barley-grass juice and fresh fruits like citrus and kiwi fruit)
- ♦ **Arginine** (legumes, beans, peas, and lentils, carob, oats, walnuts, wheat germ, and seeds)
- ♦ **Beta carotene**
- ♦ **Biodynamic foods** (Biodynamic foods are produced according to organic principles but with extra techniques that many people believe makes them of higher quality.)
- ♦ **Calcium carbonate or calcium citrate** 500-1000 milligrams per day
- ♦ **Capsanthin** (found in paprika, good for liver)
- ♦ **Carotenoids** (These compounds are largely responsible for the red, yellow, and orange color of fruits and vegetables, and are also found in many dark green vegetables. The most abundant carotenoids in the North American diet are **beta-carotene**, alpha-carotene, gamma-carotene, **lycopene**, **lutein**, beta-cryptoxanthin, zeaxanthin, and astaxanthin.)
- ♦ **Daidzein** (An **isoflavone** found in soy. The main sources for isoflavones are soy products, beans, peas, nuts, grain products, coffee, tea and certain herbs such as red clover.)
- ♦ **Essential amino acids** (An adequate diet must contain these essential amino acids. Typically, they are supplied by meat and dairy products, but if those are not consumed, some care must be applied to ensuring an adequate supply. They can be supplied by a combination of cereal grains (wheat, corn, rice, etc.) and legumes (beans, peanuts, etc.) like red beans and rice)
- ♦ **Essential fatty acids** (seafood, cod liver oil, and fish oil, Flaxseed oil (flaxseed oil has the highest **linolenic** content of any food), flaxseeds, flaxseed meal, hempseed oil, hempseeds, walnuts, pumpkin seeds, Brazil nuts, sesame seeds, avocados, some dark leafy green vegetables (kale, spinach, purslane, mustard greens, collards, etc.), canola oil (cold-pressed and unrefined), soybean oil, wheat germ oil, salmon, mackerel, sardines, anchovies, albacore tuna, and others.)
- ♦ **Fat** (Maximum 45 grams per day)
- ♦ **Fiber** (25-35 grams per day)
- ♦ **Folic acid**
- ♦ **Fructose** (fruit juice)
- ♦ **Iron**
- ♦ **Lechitin** (lipid that is necessary for every cell in the body. It also aids in the breakdown and digestion of fat, very good for the liver)
- ♦ **Lignans** (phytoestrogens with estrogenic or anti-estrogenic activity. Flax seed is one of the rich food sources of lignan.)
- ♦ **Living enzymes** (found in raw foods, vegetables, fruits and nuts)
- ♦ **Lycopene** (found in tomato products, sauces, ketchup, spaghetti sauce, better for you if cooked, but raw tomatoes are good too)

- ♦ **Methionine** (legumes, eggs, fish, garlic, onions, seeds, meat)
- ♦ **Monounsaturated fat** (the healthy fats: Olive oil, rapeseed oil ,hazelnuts, almonds, Brazil nuts, cashews , avocado, sesame seeds, pumpkin seeds)
- ♦ **Natural Antibiotic substances (antimicrobial** herbs such as sage, thyme, oregano and parsley. Garlic, honey, eucalyptus, Echinacea, goldenseal)
- ♦ **Natural sugars** (A few natural sweeteners include: stevia (a herbal extract that is naturally sweet with no calories), barley malt, evaporated cane juice before it is refined (refined sugar is derived from cane juice, but is extremely processed with many of the natural enzymes, vitamins, minerals, and fiber removed), fruit juice (fructose), rice syrup, honey, and sugar alcohols. All-natural maple syrup is not only flavorful, but rich with iron and other micronutrients.)
- ♦ **Omega – 3**
- ♦ **Organic foods**
- ♦ **Osoflavones genistein**
- ♦ **Phyto-chemicals** (plant chemicals such as in red, yellow, and orange fruits and vegetables, leafy green vegetables, mushrooms, sea vegetables, garlic, whole grains, beans, soy, nuts and seeds)
- ♦ **Phytoestrogens** (such as phyto-chemicals, includes garlic, onions, leeks, and chives, strawberries, grapes, raspberries, and apples)
- ♦ **Plant hormones** (see phyto chemicals and phyto estrogens)
- ♦ **Protein**
- ♦ **Psyllium** (such as in grains, cereal, oats, barley)
- ♦ **Selenium** (a mineral found in brazil nuts, brewer’s yeast, yeast powders, kelp, brown rice, molasses, seafood, wheat germ, whole-grains, garlic, onion, fish, cottage cheese, lambchops, chicken/white meat, and sunflower seeds. Best when taken with foods high in Vitamin E. 100 mcg per day, if taken as a supplement)
- ♦ **Spirulina**
- ♦ **Sulphoraphane** (found in broccoli, collard greens, kale, cabbage, watercress, cauliflower)
- ♦ **Unprocessed food** (in raw or natural state)
- ♦ **Vegetable oils** (limit to small amounts)
- ♦ **Vitamin B12**
- ♦ **Vitamin C** 1000-2000 milligrams per day
- ♦ **Vitamin D** (10-15 minutes of sunshine per day)
- ♦ **Vitamin E** 200-400 IU per day (natural is indicated by a ‘d’ prefix or ‘d-alpha’, not ‘di’ which is synthetic)
- ♦ **Vitamin K:** green leafy vegetables and alfalfa sprouts

Avoid (bad for me):

Alcohol

Animal milks

Animal skins
Artificial chemicals and toxins
Artificial colorings
Artificial flavorings
Artificial sweeteners
Aspartame
Aspartame
Bacon
Bagels
Beer (nitrosamines)
Biscuits
Brownies
Butter
Cake made with refined sugars
Candy
Cheese
Cookies
Corn flakes
Cottonseed oil
Couscous
Cream
Deep fried foods
Deli meats
Diet Soda
Donuts
Fast food
Fats that present a high workload for the liver
Fatty meats
Fizzy drinks
Food, vegetables and fruits sprayed with insecticides, fungicides, or are ripened with ethylene gas or waxed with an insect secretion, antibiotics or hormones.
Foods that are not fresh
Foods that contain rancid fats
French fries
Frozen foods
Full-cream dairy products
Grits
Ground beef
Hamburgers
High Fructose Corn Syrup
Hot dogs
Hydrogenated fats
Hydrogenated fats
Hydrogenated oils
Ice cream
Iceberg lettuce (nutritionally useless)

Insecticides
Junk food
Lunch meat
Macaroni
Margarines
Mashed potatoes
Milk
Omega 6 fatty acids
Partially hydrogenated fats
Pastries
Pesticides
Preservatives
Preserved meats
Pretzels
Processed vegetable oils
Red meat
Refined white sugar
Salt
Saturated fats
Sausage
Sodium
Sour cream
Spaghetti
Spirits
Spreads
Tannins (a carcinogenic compound found in some red wines, some coffee, and tea)
Trans-fatty acids
White bread
White buns
White rice
White sugar