

FATTY LIVER DIET

- eliminate all alcohol
 - eliminate most saturated fat and no red meat
 - eliminate trans-fat and all hydrogenated oils
 - eliminate all high fructose corn syrup
 - eliminate all added dietary sugar
 - eliminate processed grains, no white flour or white rice
 - Reduce dairy products
 - Reduce salt intake
 - Make sure that any medications you take are not harming your liver
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- For oil get 60 ml, that's 1/4 cup, a day of extra virgin olive oil
 - Take one tablespoon per day of refined fish or salmon oil
 - Eat lots of fruits and vegetables but remember the salt limit
 - Eat kale, lima beans, brussels sprouts, etc.
 - Eat whole wheat bread, no white breads and use brown rice
 - Eat fatty fish like salmon at least a few times a week
 - Eat skinless chicken or turkey and lean pork, fresh pork not processed like ham
 - Try quinoa as a grain
 - Eat plenty of vegetable protein like beans.
 - Take 400 mg to 800 mg of vitamin E
 - Drink 3 to 4 cups of paper filtered coffee daily