

## Diet for Liver Disorder

Liver is the most important organ of human body. And functioning of this organ is very important to remain healthy and fit. However, due to improper dietary intake, a lot of liver related disorders occur. Some of the common liver related disorders are cirrhosis of liver, alcoholic liver disorder, non alcoholic liver disorders, hepatitis and many more. All the various liver disorders have various causes. Too much consumption of alcohol gives rise to liver related disorders. Also, some disorders are hereditary. Unhygienic intake of foods and consumption of unhealthy liquids may also lead to the occurrence of the various liver disorders. Unhealthy lifestyle and unbalanced diet are some other reasons for these disorders to take place. The major symptoms are paleness, stomachache, weakness, nausea. While, if the liver disorder becomes too severe, it may eventually lead to death as well.

Thus, it is highly recommended to people suffering from liver disorders that they must maintain a proper dietary structure. The given diet chart is helpful for patients, who are suffering from the liver disorders. It is advised that the chart shall be followed with proper care so that the patient gets relief from the liver disorders and associated symptoms to a huge extent.

<b><u>FOOD PRODUCTS TO BE AVOIDED</u></b>	<b><u>FOOD PRODUCTS TO BE CONSUMED</u></b>
<b>Vegetables</b>	<b>Vegetables</b>
<ul style="list-style-type: none"> <li>× Canned Vegetables and vegetable juice</li> </ul>	<ul style="list-style-type: none"> <li>✓ Garlic</li> <li>✓ Beets</li> <li>✓ Carrots</li> <li>✓ Bitter gourd</li> <li>✓ Bottle gourd</li> <li>✓ Round gourd</li> <li>✓ Ridge gourd</li> <li>✓ Pumpkin</li> <li>✓ Dandelion Greens</li> <li>✓ Spinach</li> <li>✓ Mustard Greens</li> <li>✓ Chicory</li> <li>✓ Cruciferous Vegetables like cauliflower, broccoli, Cabbage</li> <li>✓ Sweet Potatoes</li> <li>✓ Kale</li> </ul>

	<ul style="list-style-type: none"> <li>✓ Tomatoes</li> <li>✓ Winter squash</li> <li>✓ Lettuce</li> </ul>
<b>Fruits</b>	<b>Fruits</b>
×	<ul style="list-style-type: none"> <li>✓ Grapes</li> <li>✓ Avocadoes</li> <li>✓ Apples</li> <li>✓ Lemons</li> <li>✓ Limes</li> <li>✓ Walnuts</li> <li>✓ Mangoes</li> <li>✓ Apricots</li> <li>✓ Watermelon</li> <li>✓ Oranges</li> <li>✓ Berries</li> <li>✓ Guava</li> <li>✓ Papaya</li> </ul>
<b>Non Veg</b>	<b>Non Veg</b>
<ul style="list-style-type: none"> <li>× Red meat</li> <li>× Smoked and canned fish</li> </ul>	<ul style="list-style-type: none"> <li>✓ Lean Meat</li> <li>✓ Cold water fish like mackerel, salmon and herring</li> <li>✓ Skinless chicken</li> </ul>
<b>Spices</b>	<b>Spices</b>
<ul style="list-style-type: none"> <li>× Table Salt</li> </ul>	<ul style="list-style-type: none"> <li>✓ Turmeric</li> <li>✓ Oregano</li> <li>✓ Pepper</li> <li>✓ Cumin</li> <li>✓ Coriander</li> <li>✓ Fennel</li> </ul>

	✓ Thyme
<b>Other food products</b>	<b>Other food products</b>
<ul style="list-style-type: none"> <li>× Alcohol</li> <li>× Butter</li> <li>× Margarine</li> <li>× Mayonnaise</li> <li>× Chips</li> <li>× Pastries</li> <li>× Cakes</li> <li>× Pizza</li> <li>× Lasagne</li> <li>× Processed sugar</li> <li>× Pies</li> <li>× Sweets</li> <li>× Chocolates</li> <li>× Bacon</li> <li>× Sausage</li> <li>× Frozen food</li> <li>× Soy sauce</li> <li>× Soda</li> <li>× High fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ Green Tea</li> <li>✓ Olive Oil</li> <li>✓ Quinoa</li> <li>✓ Millet</li> <li>✓ Buckwheat</li> <li>✓ Brown Bread</li> <li>✓ Brown rice</li> <li>✓ Whole Wheat Pasta</li> <li>✓ Flaxseeds</li> <li>✓ Low Fat Milk</li> <li>✓ Egg</li> <li>✓ Tofu</li> <li>✓ Cottage Cheese</li> <li>✓ Kidney beans</li> <li>✓ Oats</li> </ul>

Liver, the most important organ of the human body needs to be taken care of. The functioning of this essential organ is extremely important to maintain the overall well-being and health of the individuals. The diet chart prepared has taken into account the various amounts of nutrients like fats, carbohydrates, vitamins and many more. Thus, follow the diet chart strictly and lead a healthy life.

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