

# RESILIENCY

## NUTRITION FOR LIVER HEALTH

The liver is the largest internal organ in the body and performs over 500 important functions to keep us healthy. To maintain a healthy liver, “detox” diets are not necessary! Instead, aim to incorporate these foods and nutrients into your diet—in addition to practicing regular physical activity and limiting consumption of alcohol, NSAIDs, and amphetamine medications—to keep your liver functioning at its best.



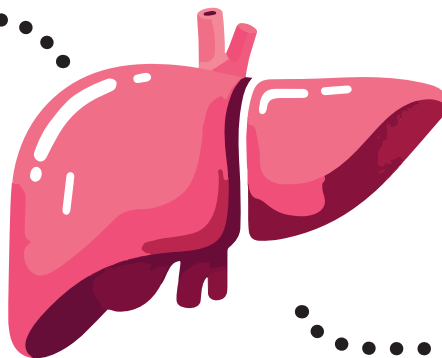
Foods high in **antioxidants** help the liver prevent oxidative stress from causing cell damage throughout the body. Antioxidants are found in high concentrations in many plant foods: **fruits, vegetables, whole grains, legumes, nuts and seeds.**



**Fiber and protein** help keep you full after eating and maintain healthy blood glucose levels, which can help maintain an overall healthy body, affecting liver health. Fiber comes from **all plant foods** and protein comes from **beans, lentils, nuts, seeds, whole grains, fatty fish, and other animal products.**



**Garlic and ginger** add lots of flavor to dishes without any added salt or sugar, and they also have been shown to provide some benefit in preventing fatty liver disease.



Both kinds of unsaturated fats—**monounsaturated** and **polyunsaturated**—are helpful for the liver to reduce inflammation and to prevent liver fat build-up. **Avocados, eggs, nuts, seeds, olive oil, and fatty fish** are great sources.



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