**Treatment of liver diseases through healthy diet**

In people with badly damaged livers, proteins are not properly processed. Waste products may build up and affect the brain.

Dietary changes for liver disease may involve:

1. **Coffee** **to** **lower** **abnormal** **liver** **enzymes**: Studies have shown that coffee drinkers with fatty liver disease have less liver damage then those who don’t drink this caffeinated beverage. Caffeine appears to lower the amount of abnormal liver enzymes of people at risk for liver diseases.
2. **Fat**: Some people with liver disease have problem digesting and absorbing fat. The fat that is not digested is eliminated in bowel movements. If you have this health problem, you may need to eat less fat.
3. **Carbohydrates**: Carbohydrates are found in bread, pasta, rice, cereal, grains (rice, oats), and starchy vegetables (potatoes, corn, peas). Liver disease may cause blood sugar levels to be too high or too low in some people. You may need to control the amount of carbohydrate you eat to help control your blood sugar levels.
4. **Oatmeal for energy:** Carbohydrates from whole grains like oatmeal give your body energy. Their fiber contents also fills you up, which can help you maintain your weight.
5. **Walnuts to improve the liver:** These nuts are high in omega-3 fatty acids. Research finds that people with fatty liver disease who eat walnuts have improved liver function test.
6. **Avocado to help protect the liver:** Avocado are high in healthy fats, and research suggests they contain chemicals that might slow liver damage. They are also rich in fiber, which can help in weight control.
7. **Sunflower seeds for antioxidants:** These nutty-tasting seeds are high in vitamin E, an antioxidant that may protect the liver from further damage.
8. **Tofu to reduce fat buildup:** A university of Illinois study of rats found that soy protein which is contained in foods like tofu, may reduce fat buildup in liver. Plus, tofu is low in fat and high in proteins.
9. **Fish for inflammation and fat levels:** Fatty fish such as salmon, sardines, tuna and trout are high in omega-3 fatty acids. Omega-3 fatty acids can help improve their fat levels and bring down inflammation.
10. **Milk and other low-fat dairy to protect from damage:** Dairy is high in whey protein, which may protect the liver from further damage.
11. **Olive oil for weight control:** This healthy oil is high in omega-3 fatty acids. It’s healthy for cooking than margarine, butter or shortening. Research finds that olive oil helps to lower liver enzyme levels and control weight.
12. **Drinks lots of water:** It prevents dehydration and it helps your liver to function better.
13. **Green tea for less fat absorption:** Green tea can help interference with fat absorption. Green tea can reduce fat storage in the liver and improve their functions. But green tea has many benefits, from lowering cholesterol to aiding with sleep.
14. **Eat food with fiber:** Fiber helps your liver work at an optimal level. Fruits, vegetables, cereals can take care of your body’s fiber needs.