**Treating fatty liver disease with food**

As the name suggests, [fatty liver disease](https://www.healthline.com/health/fatty-liver) means you have too much fat in your liver. In a healthy body, the liver helps to remove toxins and produces bile, the digestive protein. Fatty liver disease damages the liver and prevents it from working as well as it should.

In general, the diet for fatty liver disease includes:

* lots of fruits and vegetables
* high-fiber plants like legumes and whole grains
* very little added sugar, salt, trans fat, refined carbohydrates, and saturated fat
* no alcohol

A low-fat, reduced-calorie diet can help you lose weight and reduce the risk of fatty liver disease. Ideally, if you’re overweight, you would aim to lose at least [10 percent](http://www.mayoclinic.org/diseases-conditions/nonalcoholic-fatty-liver-disease/diagnosis-treatment/treatment/txc-20211616) of your body weight.

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## Foods and drinks that you should eat for a fatty liver

### Greens to prevent fat buildup

Broccoli is shown to help prevent the [buildup of fat in the liverTrusted Source](https://www.ncbi.nlm.nih.gov/pubmed/26865652) in mice. Eating more greens, like spinach, Brussels sprouts, and kale, can also help with general [weight loss](https://www.healthline.com/health/diet-and-weight-loss).

### Fish for inflammation and fat levels

Fatty fishes are high in omega-3 fatty acids. Omega-3 fatty acids can help [improve liver fat levels](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5019889/) and [bring down inflammation](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4588084/)

### Oatmeal for energy

Carbohydrates from whole grains like oatmeal give your body energy. Their fiber content also fills you up, which can help you maintain your weight.

### 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 tests.

### 7. Avocado to help protect the liver

Avocados are high in healthy fats, and [research suggests](https://www.sciencedaily.com/releases/2000/12/001219074822.htm) they contain chemicals that might slow liver damage. They’re also rich in fiber, which can help with weight control.

### 8. Milk and other low-fat dairy to protect from damage

Dairy is high in whey protein, which may protect the liver from further damage

### 9. Sunflower seeds for antioxidants

These nutty-tasting seeds are high in vitamin E, an antioxidant that may protect the liver from further damage.

### 10. Olive oil for weight control

This healthy oil is high in omega-3 fatty acids. It’s healthier for cooking than margarine, butter, or shortening. Olive oil helps to lower liver enzyme levels and control weight.

### 11. Garlic to help reduce body weight

This herb not only adds flavor to food, but experimental studies also show that garlic powder supplements may help reduce body weight and fat in people with fatty liver disease.