

6 yummy snacks a top gastroenterologist eats to boost liver health



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About 100 million people (25% of the population) in the United States have fatty liver disease (MASLD aka NAFLD), according to the American Liver Foundation. MASLD is the most common form of liver disease in children, and data suggest that it has doubled over the past 20 years. The cause? “This surge is largely driven by poor dietary habits, excessive calories that include excessive consumption of processed foods, sugar, and unhealthy fats,” Dr. Joseph Salhab, a Florida-based gastroenterologist, says. “However, proper nutrition plays a key role in supporting liver function and reducing fat accumulation. Making informed dietary choices and following essential health tips can help combat fatty liver disease and promote long-term wellness,” he adds. The gastroenterologist has shared a list of snacks he eats to improve his liver health. Yes, you can snack your way to good health! What are those snacks? Let’s take a look.

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