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'I'm a Doctor Who Treats Liver Conditions —This Is the Snack I Eat Almost Every Single Day'

This satisfying snack has many health benefits.



By **Bobbi Dempsey** Freelance Writer, Parade



Woman holding side for liver health
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If you're like most people, you may not give your liver much thought—that is, unless you have a condition that impacts it, in which case you likely think about it a lot. Either way, it's important to take care of your liver, because it's an organ that performs many

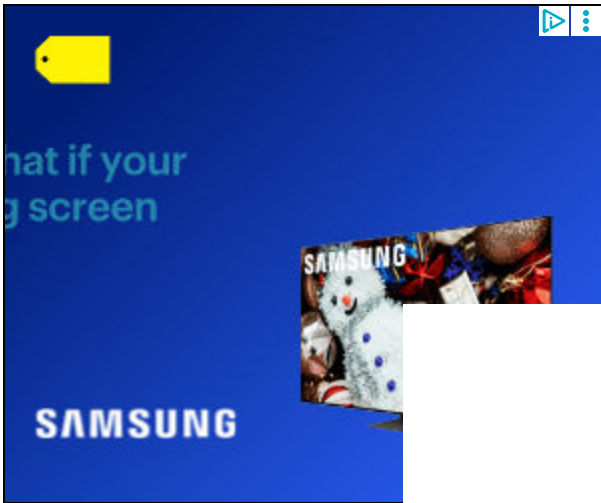
critical functions—more than 500 of them, in fact, according to Columbia University Irving Medical Center.

As with our other vital organs, the liver is affected by what we eat, so striving to follow a healthy, balanced diet can benefit your liver health. But that doesn't mean you need to completely sacrifice snacks or other foods you enjoy.

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For insight on the best snack options for those concerned about keeping their liver healthy, we consulted doctors who specialize in treating the liver and digestive organs.

Related: [‘I’m a Cardiologist—This Is the Afternoon Snack I Eat Almost Every Day’](#)

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Which Snacks Are Good for Your Liver?

“My first-choice snack is Greek yogurt,” says [Dr. Michael Schoech, MD](#), Associate Professor of Medicine at the University of Cincinnati College of Medicine and a hepatologist at UC Health in Cincinnati. “It is a high-impact snack which is high in [protein](#) and lower in carbohydrates and sodium.”

That means this is a snack that checks a lot of important liver health boxes, as the [American Liver Foundation](#) recommends avoiding foods that are high in fat, sugar and salt.

Dr. Schoech's second suggestion might surprise you. "The runner-up is [coffee](#) with a splash of cream. There is [evidence suggesting a benefit](#) of coffee to your overall liver health. Several studies display an association of reduced liver stiffness and liver cancer with regular coffee consumption. It is important to note that this benefit was associated with black coffee without cream and/or sugar." [The Cleveland Clinic](#) also recommends a daily cup of joe to promote liver health.

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Are Nuts Good for Your Liver?



[Dr. Kunal Gupta, MD](#), Gastroenterologist at Hackensack Meridian Health Bayshore Medical Center, has another suggestion for a snack that's good for your liver and easy to enjoy on the go. "Nuts and nut bars are great snacks. They are rich in vitamins, minerals and [protein](#)."

These snacks also offer another benefit for those trying to maintain a healthy diet. "Nuts and other snacks high in protein help satiate your hunger and allow you to limit overall weight gain, which is important for the health of your liver," says Dr. Gupta.

How Do I Improve My Liver Health?

There are other ways you can make smart choices about what you eat—and drink—to help keep your liver in good shape. The good news is that these are strategies that can

have many rewards that benefit your entire body.

“What is good for your overall health is what is good for your liver,” says Dr. Gupta.

“Maintain a diet which limits your risk of diabetes, high blood pressure and heart disease, which are all part of the metabolic syndrome.”

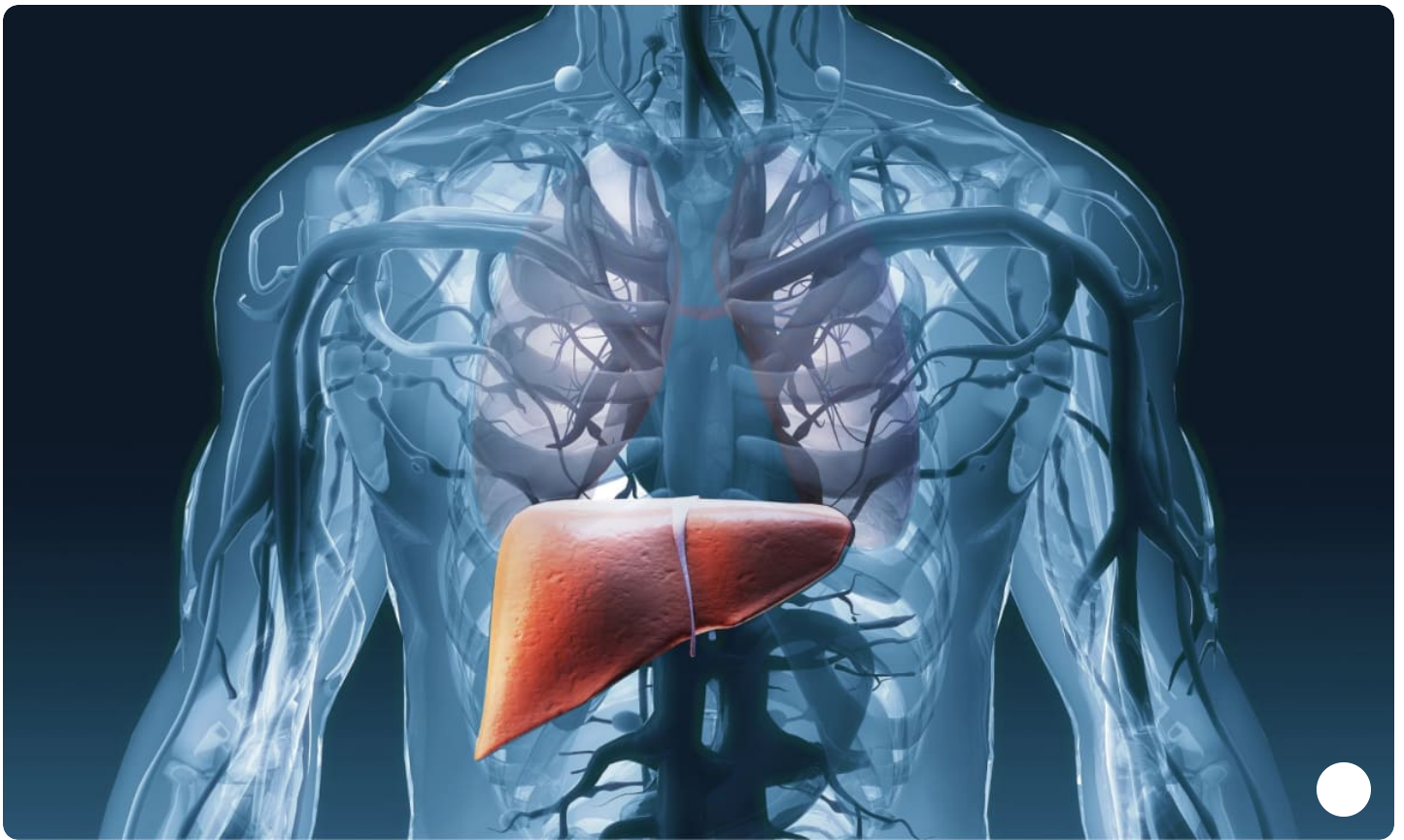
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“Eating a well-balanced diet is by far the most important consideration for liver health, including a diet high in fiber and protein with fresh fruits and vegetables,” says Dr. Schoech. “Healthy proteins for your liver include fish and chicken, like what is recommended in the [Mediterranean diet](#).”

Many people are already aware of the link between alcohol consumption and liver health, so this is another reason to keep your alcohol consumption in check. “It’s important to remember to limit alcohol to one drink daily for women and two for men,” says Dr. Schoech.

Related: [Here’s How To Know if Your Liver Needs a Detox](#)

Signs Your Liver Is Struggling



Unfortunately, liver problems don't always cause symptoms that can be seen or felt. This is especially true in its early stages. If you notice any of these signs or symptoms, it's important to make an appointment with your doctor or healthcare provider right away:

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- Yellowing of the skin or eyes (jaundice)
- Belly pain or swelling
- Itchy skin
- Dark urine
- Pale stools

- Fatigue
- Bruising easily
- Swelling in the legs or ankles

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Sources

- [Michael Schoech, MD](#), Associate Professor of Medicine at the University of Cincinnati College of Medicine and a hepatologist at UC Health in Cincinnati.
- [Dr. Kunal Gupta, MD](#), Gastroenterologist at Hackensack Meridian Health Bayshore Medical Center.
- [The Liver and Its Functions](#). Columbia University Irving Medical Center.
- [8 Health Benefits of Greek Yogurt](#). MedicalNewsToday.
- [Liver Disease Diets](#). American Liver Foundation.
- [Coffee: The Magical Bean for Liver Diseases](#). *World Journal of Hepatology*.
- [Is Coffee Good for Your Liver?](#) Cleveland Clinic Health Essentials.
- [Mediterranean Diet](#). Cleveland Clinic.
- [Liver Disease](#). Mayo Clinic.

About The Author



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Bobbi Dempsey is a freelance writer and the author of a dozen nonfiction books on topics ranging from poker to real estate investing. She has written for Parade's print and online editions, and her work has also been featured in The New York Times, Family Circle, The Guardian and other publications

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