

The Mediterranean diet and liver health

A healthy diet isn't a cure-all for liver issues, but it can help

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Marcie Lindstrom, gastroenterology APRN

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"A diet like this that's rich in whole foods, fiber, unsaturated fat and antioxidants can help reduce liver fat. It improves metabolic markers and decreases inflammation in our liver." (:12)

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"Strength training [like weightlifting] helps build muscle mass and prevent muscle mass loss. That can help with your metabolism, which can improve liver health." (:11)

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"It helps process nutrients, break down fats and medications and detox alcohol. It's also important in regulating blood sugar and cholesterol." (:16)

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"The troubling thing with fatty liver is that most of the time, people don't have symptoms." (:07)