

The Mediterranean diet and liver health

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

RUN TIME - :28

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Has your doctor spoken to you about keeping your liver healthy? Have they brought up the Mediterranean diet? It's something to look into, according to a gastroenterology provider at OSF HealthCare. Tim Ditman of OSF has more.

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This diet is mostly plant-based, incorporating things like fruits, vegetables, whole grains, beans, seeds, extra virgin olive oil, brown rice and seafood. OSF GI provider Marcie Lindstrom:

\*\*\*SOT\*\*\*

Marcie Lindstrom

OSF HealthCare

**"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)**

I'm Tim Ditman.

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But Lindstrom cautions: diet alone won't keep your liver healthy. Pair it with exercise and avoiding risky behaviors like drinking and smoking.