

The Mediterranean diet and liver health

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

ANCHOR LEDE

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.

TAKE VO

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

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)

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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.