

The best fatty liver diet

Foods to add to your diet:



Calcium-rich foods



Coffee



Foods rich in vitamin E



Water



Olive and avocado oils



Omega-3 fatty acids

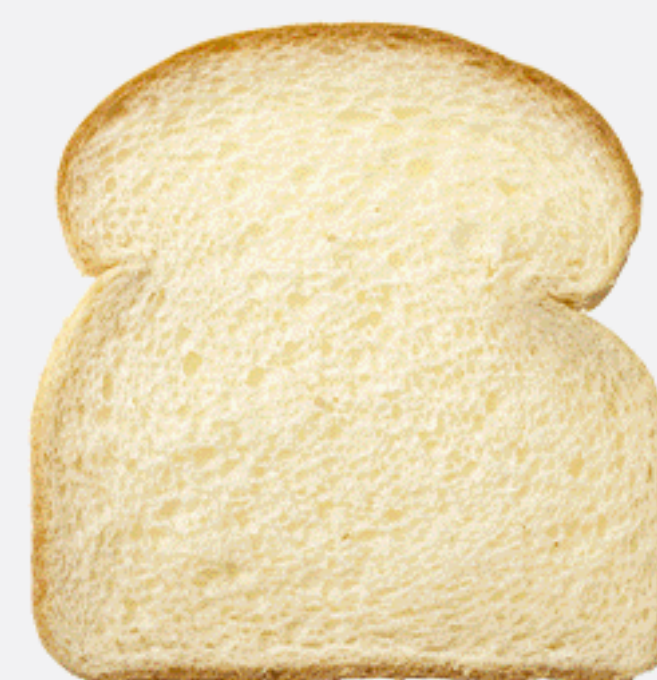


Garlic



Soy products

Foods to avoid:



Refined carbohydrates



Artificial sweeteners



Butter and ghee



Sugary foods and drinks



Bacon, sausage, and other cured meats



Alcohol



Salty foods



Fried foods