

# HEALTHY EATING FOR LIVER DETOX

GOOD FOOD. EAT REGULAR

**Lean meats**

(the least fatty cuts possible):  
beef, veal, bison/buffalo, lamb,  
venison, goat, elk, turkey, chicken

**Beans:** black, pinto, great northern, ect.

**Grains:** oats, wheat, barley, quinoa,  
imported rice from Thailand (least amount  
of arsenic), Sourdough bread that is not  
fortified. Thailand rice noodles

**Vegetables:** peeled gourds such as cucumber  
and zucchini, iceberg lettuce, white corn, white  
carrots, white corn masa, parsnips, white raddish,  
white corn hominy

**Fruits:** banana, apple, green grapes

(For fruits and vegetables look for flesh that is  
white or light colored. Dark colored flesh indicates  
plant defense chemicals, phenols and retinoids.

Use clean white sea salt with low lead on your food.  
"Jacobson Salt Co." is one example

Soak rice, oats, and beans over night to reduce  
toxicity.  
Homemade sourdough bread is best.

Always aim for high protein, high carbs and  
high fiber, low fat. If detox symptoms become  
too much, back off the fiber. There is a  
sweet spot for fiber, that sweet spot can  
change at times.

Always organic and grass fed  
when possible.

Pure water (distilled or  
reverse osmosis)

QUESTIONABLE FOODS. PROCEED WITH CAUTION

**Fruit:** lemons, limes, raisins, olives

**Vegetables:** green beans,  
romaine lettuce, peeled potatoes,  
black eye peas, cauliflower, cabbage,  
onions, avocado, asparagus, broccoli,  
mushrooms, leeks, celery

**Dairy:** butter

**Nuts and seeds:** almonds, nuts in general,  
sunflower seeds

**Wheat:** rye

**Spice:** mustard

TOXIC FOODS. AVOID AT ALL COST

**Fatty or dirty meats:** pork, duck, goose, liver,  
kidney

**Dark colored vegetables:** kale and dark leafy greens,  
spinach, peas, peppers (spicy foods), eggplant, yellow corn,  
orange carrots, sweet potatoes, pumpkin, garlic

**Dark colored fruit:** tomatoes, cherries, watermelon,  
oranges, coffee, most berries

**Dairy:** all of dairy, milk, cheese, fatty cream

**Spices:** Avoid all spices including black pepper,  
ginger, pink or colored salt

**Seed oils:** canola oil aka rapeseed oil, corn oil,  
cottonseed oil, grapeseed oil, sunflower oil,  
soybean oil, rice bran oil, peanut oil, vegetable oil,  
safflower oil, sesame seed oil, flaxseed oil

**Fructose:** Fruit juices and anything with  
added sugar, table sugar, honey

**Bread with fructose and/or fortified  
Chocolate and cocoa beans**

**Eggs**