





Liver-Friendly Recipes & Cooking





About This Resource

These resources provide easy, affordable, and nutritious meal ideas designed for people living with liver or metabolic conditions. They promote balanced, evidence-based eating patterns — emphasizing fresh foods, healthy fats, lean proteins, and fiber-rich ingredients that support liver repair, energy, and long-term wellness.

Cooking & Recipe Collections

- **American Liver Foundation – Liver-Friendly Recipes**
Balanced, low-fat recipes and meal ideas developed for individuals with liver disease.
 [Liver Foundation Recipes](https://liverfoundation.org) [liverfoundation.org]
- **MyPlate Kitchen – U.S. Department of Agriculture**
Customizable healthy meal plans and recipes based on the Dietary Guidelines for Americans.
 myplate.gov/myplate-kitchen
- **American Heart Association – Heart-Healthy Recipes**
Low-sodium, low-fat recipes that align with cardiovascular and liver wellness goals.
 recipes.heart.org
- **The Doc's Kitchen**
Created by a physician and trained chef specializing in gastroenterology, nutrition, and weight management — offering healthy recipes, practical cooking tips, and evidence-based education to support sustainable eating habits.
 thedocskitchen.com

Local & Community Nutrition Programs

- **Texas Liver Care – TLC Wellness Program**
Personalized, physician-guided nutrition and weight-management support for patients with liver and metabolic conditions.
 (682) 427-0200 |  texaslivercare.org | Fort Worth & Dallas
- **Tarrant County Public Health – Health Classes**
Free exercise, cooking, and chronic disease classes.
 [Tarrant County Health Classes](https://tarrantcountytx.gov) [tarrantcountytx.gov]
- **Dallas County Health and Human Services – Food and Nutrition Program**
Offers free classes and resources that teach practical, budget-friendly ways to prepare healthy meals and prevent chronic diseases.
 [Dallas County Nutrition](https://dallascounty.org) [dallascounty.org]

For Support & Questions

Texas Liver Care | (682) 427-0200 | TexasLiverCare.org | info@TexasLiverCare.org | 617 Travis Ave, Fort Worth, TX 76104

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TLC Tips – Cooking Made Simple

- Cook more meals at home to control ingredients, salt, and portion sizes.
- Flavor foods with herbs, spices, citrus, or vinegar instead of excess salt or sauces.
- Choose baking, grilling, or steaming over frying.
- Include fiber-rich foods — beans, vegetables, and whole grains — to improve gut and liver health.
- Stay hydrated with water, coffee, or unsweetened tea; limit sugary drinks.

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