

# 20 Best Foods To Eat For A Healthy Liver

Your liver is one of the most crucial glands and the second largest organ in your body. It functions non-stop – this 1.4 kg organ helps in detoxification, carb metabolism, protein synthesis, production of biochemicals required for digestion, glycogen storage, bile production, hormone secretion, and red blood cell decomposition

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## 20 Best Foods For Healthy Liver

- 1. Garlic
- 2. Broccoli
- 3. Ginseng
- 4. Beetroot
- 5. Carrot
- 6. Leafy Greens
- 7. Green Tea
- 8. Turmeric
- 9. Avocado
- 10. Lemon
- 11. Apple
- 12. Olive Oil
- 13. Asparagus
- 14. Walnut
- 15. Red Cabbage
- 16. Grapefruit
- 17. Whole Grains
- 18. Tomatoes
- 19. Dandelion
- 20. Brussels Sprouts