

# FATTY LIVER: LIFESTYLE, DIET AND SUPPLEMENTS

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LIFESTYLE: REGULAR PHYSICAL ACTIVITY

DIET: HIGH HEALTHY PLANT FOODS AND LOW ANIMAL FOODS. FISH AND SEAFOOD IS RECOMMEND AT LEAST TWICE PER WEEK. WHOLE, SINGLE-INGREDIENT FOODS ARE THE KEY TO GOOD HEALTH. USE MORE HERBS AND SPICES TO BOOST FLAVOR AND ELIMINATE SALT. REPLACE BUTTER AND MARGARINE WITH OLIVE OIL.

FLUIDS: WATER IS YOUR GO TO BEVERAGE, ONE GLASS OF RED WINE PER DAY (NO OTHER FORMS OF ALCOHOL), COFFEE/TEA IS ACCEPTABLE (NO ADDED SUGAR).

DON'T EAT: RED MEAT, FRIED FOODS, SUGAR SWEETENED BEVERAGES, ADDED SUGARS, PROCESSED MEAT (SAUSAGE), REFINED GRAINS, REFINED OIL, HIGHLY PROCESSED FOODS.

SUPPLEMENTS: KNOWN TO IMPROVE LIVER FUNCTION TESTS, REDUCE FATTY LIVER, DECREASE TRIGLYCERIDES, REDUCE BLOOD CLOTTING AND DECREASE RISKS OF STROKE AND HEART FAILURE

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VEGETABLES: TOMATOES, BROCCOLI, KALE, SPINACH, ONIONS,  
CAULIFLOWER, CARROTS, BRUSSEL SPROUTS, CUMCUMBERS

FRUITS: APPLES, BANANAS, ORANGES, PEARS, STRAWBERRIES,  
HAZELNUTS, CASHEWS, SUNFLOWER SEEDS, PUMPKIN SEEDS

NUTS AND SEEDS: ALMONDS, WALNUTS, MACADAMIA NUTS,  
HAZELNUTS, CASHEWS, SUNFLOWER SEEDS, PUMPKIN SEEDS

LEGUMES: BEANS, PEAS, LENTIS, PULSES, PEANUTS, CHICKPEAS

TUBERS: POTATOES, SWEET POTATOES, TURNIPS, YAMS

WHOLE GRAINS: WHOLE OATS, BROWN RICE, RYE, BARLEY, CORN,  
BUCKWHEAT, WHOLE WHEAT, WHOLE-GRAIN BREAD, PASTA

FISH & SEAFOOD\*: SALMON, SARDINES, TROUT, TUNA, MACKEREL,  
SHRIMP, OYSTERS, CLAMS, CRAB, MUSSELS

POULTRY: CHICKEN, DUCK, TURKEY

EGGS: CHICKEN, QUAIL AND DUCK EGGS

DAIRY: CHEESE, YOGURT, GREEK YOGURT

HERBS AND SPICES: GARLIC, BASIL, MINT, ROSEMARY, SAGE,  
NUTMEG, CINNAMON, PEPPER

HEALTHY FATS: EXTRA VIRGIN OLIVE OIL, OLIVES, AVACADOS,  
AVACADO OIL

**SUPPLEMENTS: CAN BE FOUND BY FOLLOWING DIRECTIONS OR LEAVING US YOUR EMAIL WITH FRONT DESK OR AT QUEENSGIDOCES@GMAIL.COM**

- 1) Visit QueensGIdocs.com
- 2) Click on Shop on the top left of the menu bar
- 3) Enter (click) Fullscripts
- 4) Click on catalog on upper left hand
- 5) Enter David Tenenbaum's Dispensary favorites
- 6) Click on FATTY LIVER and order supplements