

A PRACTICAL GUIDE TO LIVER HEALTH



liverly yours.

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PART 1:

UNDERSTANDING YOUR BODY'S ENERGY



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Think of your body like a house that runs on electricity.

To manage your weight and liver health, you need to understand where this energy goes.

BMR (BASAL METABOLIC RATE)

The Definition: This is the energy your body uses at rest to support vital functions like breathing and circulation. It varies by age, sex, weight, and muscle mass.



The Home Analogy: Think of this as the electricity needed to keep the fridge, alarm system, and night lights running while everyone is asleep. Even when you do nothing, your "house" still uses power.

NEAT (NON EXERCISE ACTIVITY THERMOGENESIS)

The Definition: This is the energy burned during daily movements that are not formal exercise.



The Home Analogy: This is the electricity used for daily chores—sweeping the floor, cooking, washing dishes, or walking from room to room. It is not a heavy workout, but it adds up significantly throughout the day.

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3. TDEE (TOTAL DAILY ENERGY EXPENDITURE)

The Definition: This is the total energy you spend in a day, including all activities. It is calculated as BMR multiplied by your physical activity level.



The Home Analogy: This is your total electricity bill at the end of the month. It combines the idle power (BMR), the chores (NEAT), and any heavy usage (Exercise).

4. THE CALORIE DEFICIT (USING THE BATTERY BACKUP):

Your body fat is like a Solar Battery Backup.



To lose weight, you eat slightly less than your "Total Usage"

Your body then drains the "Solar Battery" (stored fat) to make up the difference.

PART 2: THE SCIENCE OF WEIGHT LOSS



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SPEND MORE &
EAT LESS
=
CALORIE DEFICIT

STRENGTH TRAINING
FOR ATLEAST
20 MINS PER DAY IS
ADVISED

QUANTIFIED NUTRITION

We often underestimate how much we eat. To heal the liver, we cannot guess.

Use kitchen scales or tracking apps to measure portions accurately and avoid underestimating.

THE SPLIT:

Carbohydrates (35 to 40%)

Proteins (30 to 35%)

Fats (25 to 30%)

PART 3: THE FATTY LIVER RECOVERY DIET



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While quantity (calories) controls weight, quality (nutrients) heals the liver. Focus on including these foods in your daily plan.

1. LEGUMES AND PULSES (THE PROTEIN STAPLE)

Predictor for longevity

Source of plant protein



Cherupayar (Green Gram)

Vanpayar (Red Cowpeas)

Kadala (Chickpeas)

Muthira (Horse Gram)

Soya chunks.

2. UNREFINED FIBER

1.5 to 2 cups - fruits and vegetables daily (NO JUICE)

Fiber feeds good bacteria



Nadan Perakka (Guava)

Papaya

Vazhapindi (Banana Stem)

Kovakka (Ivy Gourd)

Cheera (Spinach).

Grains:

Matta Rice (Red Rice)

Ragi/Millet

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3. OMEGA 3 RICH FOODS (LIVER PROTECTION)

Why: Reduces oxidative stress and prevents liver cell death.



Best Sources:
Seafood -
Mathi (Sardines)
Ayala (Mackerel),
Flax Seeds (Alsi),
Walnut
Chia seeds

4. MUFA (HEALTHY FATS)

Why: Replaces harmful saturated fats



Best Sources:
Filtered Groundnut Oil,
Nallenna (Sesame Oil)
Peanuts
Cashews
Avocado

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5. CHOLINE (THE FAT MOVER)

Why: Essential for moving fat OUT of the liver. Deficiency increases fatty liver risk.



Best Sources:
Whole Eggs
Chicken liver
Milk
Paneer
Soya Chunks
Rajma.

6. THE MAGIC POTION KATTAN KAPPI

Black coffee -the Rule: No sugar (Panjasara), No Jaggery (Sarkara), No Milk.



The Dose: 2-3 cups a day.

The Benefit: It is literally "liquid gold" for the liver. It reduces stiffness and fibrosis

PART 3: Summary



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1. Legumes & Pulses (The Longevity Staple)

പയറുവർഗ്ഗങ്ങൾ

Target: 40g per day

Cherupayar

Plant Protein
Power!



Kadala

Soya Chunks

2. Unrefined Fiber (The Gut Healers)

നാരുകൾ

Target: 1.5 - 2 cups daily

Nadan Pera

Papaya

Feeds Healthy
Bacteria!



Vazhapindi

Matta Rice

3 & 4. Omega-3 & MUFA (The Liver Protectors & Good Fats)

ഒമേഗ-3 & നല്ല കൊഴുപ്പുകൾ

Omega-3

MUFA

Reduces
Inflammation!



Healthy
Heart & .



Mathi & Ayala

Omega-3

MUFA

5 & 6. Choline & The Magic Potion (Fat Movers & Black Coffee)

കോളിൻ & കട്ടൻ കാപ്പി

Choline

Moves Fat
OUT!

Eggs:
4-5/week

Black Coffee
(Kattan Kappi)

No Sugar.
No Milk.
2-3 cups/day!

Reduces
Liver
Stiffness!

Reduces
Liver
Stiffness!

REMEMBER...



STRICTLY NO ALCOHOL

CONSIDER AVOIDING...

TRANS FAT

Fried Snacks:
Pazhampori
Chips
Unniyappam ETC.

COCONUT OIL

While traditional, it is high in saturated fat. Try to limit this as much as possible

For fatty liver reversal, try to mix in MUFA oils (like Groundnut/Sesame) or Olive oil where possible.)

ENERGY DENSE FOODS

Kappa (Tapioca)
Cold drinks (high fructose and no fibre)
Energy drinks
Refined carbohydrates

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TO BOOK A VIRTUAL CONSULTATION

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