

LiverWise



Compas

Guide to Identifying Foods
that Harm your Liver

DISCOVER

foundational, science backed
information about the foods
that are inflaming your liver
and keeping you sick.

The LiverWise Harmful Ingredients Compass

A Fast-Action Guide to Spot Hidden Liver Stressors in Your Food in Under 30 Seconds

Start Here

Fatty liver doesn't just come from alcohol or obesity. It's hiding in your pantry, your fridge — and your “healthy” snacks.

Many processed and packaged foods contain quiet liver saboteurs that slip past even the most careful shopper.

But the good news is:

👉 You don't need to memorize chemicals or give up everything you love.

👉 You just need to know what to look for, and how to avoid the worst offenders.

This is where the LiverWise Harmful Ingredient Compass comes in... It's a simple 5-category filtering system that helps you identify the 50 most liver-damaging ingredients in processed foods. Instead of memorizing hundreds of additives, you learn to spot the worst offenders that appear in 80% of harmful products.

Why This Matters

Your liver is your main detox organ — it processes sugar, fat, toxins, and chemicals. When it's overwhelmed by the wrong ingredients, fat builds up, inflammation takes over, and healing stalls. These ingredients disrupt liver enzymes, block fat metabolism, trigger insulin resistance, feed inflammation, and worsen scarring (fibrosis).

You'll learn to avoid them in 2 simple steps — no gimmicks, no overwhelm.

Step 1: Your First Win in 10 Minutes or Less

Use the “30 Second Scan” to review products in your pantry.

30 Second Scan: Scan your Food like a Liver Expert

Ignore front-of-package marketing (go straight to ingredients).

If any of these appear in the ingredient list, it's a red flag for your liver:

Top Liver Offenders

| | |
|-----------------------------|---|
| High-fructose corn syrup | Hydrogenated/partially hydrogenated oils |
| Dextrose | |
| Maltodextrin | Cottonseed, Soybean, Canola, or Corn oils |
| Sucralose (Splenda) | |
| Aspartame | Sodium nitrate/nitrite |
| Enriched wheat flour | BHA/BHT |
| Salt (in top 3 ingredients) | Artificial Colors |
| “Natural Flavors” | MSG |
| Sodium Benzoate | TBHQ |
| Propyl Gallate | Carrageenan |

If an item has even one of these, eliminate it from your diet and/or replace it with a healthier alternative. This is a major move towards healing.

Most people find 5 or more problematic products in the first 10 minutes of scanning. These are quick wins—and a critical first step in reducing your liver’s daily burden.

Once you've scanned your pantry, start using this tool when shopping or ordering food. The more often you apply, the better chance you give your liver.

Step 2: Expand to the 5 Hidden Pathways to Liver Damage

Now that you've spotted the most common liver stressors, it's time to go deeper—without going crazy.

Use the full Harmful Ingredient Compass to build a broader awareness of what to avoid. Ingredients in the compass are grouped by how they hurt your liver:

| | |
|---|---|
| Sweeteners & Sugar | Overdrive fat production and insulin resistance, even in “sugar-free” foods |
| Excess Sodium | Elevate blood pressure, worsen fibrosis (liver scarring). Hide in sauces/snacks |
| Industrial & Seed Oils | Cause oxidative stress and inflammation, leading to liver scarring |
| Chemical Additives & Preservatives | Burden liver detox pathways, disrupt hormones and gut-liver axis |
| High Glycemic Starch Spikes | Trigger fat storage and blood sugar surges—often mistaken as “healthy carbs” |

Progress, not Perfection

Your liver needs relief — not moderation. The foods in this guide stress the liver, even in small amounts. That's why this program encourages you to eliminate offenders.

When I reversed my Stage 3 Fatty Liver, I wasn't halfway in — I was all in. And it made a huge difference. Once I was healthy, I added some of the offenders back in (not the worst ones).

You don't need to be perfect—just consistent. If you slip don't spiral, don't punish yourself, just keep going.

The next step?

Learn what to eat, how to build your week, and how to **feel better every month** — without starving or obsessing.

👉 **That's what the LiverWise Matrix is for.**



Harmful Ingredient Compass

50 Ingredients that Block your Healing

Sweeteners & Sugar

| | |
|------------------------------------|---|
| 1. High Fructose Corn Syrup (HFCS) | Maximum liver fat accumulation |
| 2. Aspartame | Neurotoxic breakdown, gut disruption |
| 3. Sucralose (Splenda) | Destroys beneficial gut bacteria |
| 4. Acesulfame Potassium (Ace-K) | Insulin spikes, cancer concerns |
| 5. Corn Syrup/Corn Syrup Solids | Pure glucose overload |
| 6. Maltodextrin | Higher glycemic index than table sugar |
| 7. Saccharin | Oldest artificial sweetener, multiple risks |
| 8. Cane Sugar (in processed foods) | Empty calories, inflammation |
| 9. Fructose (isolated/added) | Bypasses normal glucose regulation |
| 10. Rice Syrup | Extremely high glycemic impact |

Excess Sodium Sources

| | |
|--------------------------------|---------------------------|
| 1. Instant Ramen/Cup Noodles | 1,200-1,800mg per package |
| 2. Canned Soups | 1,000-1,500mg per serving |
| 3. Deli/Processed Meats | 1,000+ mg per serving |
| 4. Frozen Dinners | 800-1,200mg typical |
| 5. Soy Sauce | 1,000mg per tablespoon |
| 6. Seasoning Packets | 500-1,000mg per packet |
| 7. Canned Vegetables (regular) | 400-600mg per serving |
| 8. Pickled Foods | 300-600mg per serving |
| 9. Processed Cheese | 300-500mg per ounce |
| 10. Salad Dressings (bottled) | 200-400mg per 2 tbsp |

Industrial & Seed Oils

| | |
|--------------------------------|---|
| 1. Partially Hydrogenated Oils | Trans fats = immediate liver damage |
| 2. Cottonseed Oil | Pesticide residue, highly inflammatory |
| 3. Soybean Oil | Most common, highest omega-6 inflammation |
| 4. Corn Oil | Solvent-extracted, oxidized compounds |
| 5. Safflower Oil | Extreme omega-6 concentration |
| 6. Sunflower Oil | Heat-damaged during processing |
| 7. Vegetable Shortening | Trans fats, artificial consistency |
| 8. Canola Oil | Chemical extraction, moderate inflammation |
| 9. "Vegetable Oil" (generic) | Often soybean oil in disguise |
| 10. Grapeseed Oil | Marketed as healthy but highly inflammatory |

 **Quick Spot:** First 5 ingredients contain ANY of these = put it back

Chemical Preservative & Additives

| | |
|---|--|
| 1. BHA (Butylated Hydroxyanisole) | Known liver carcinogen |
| 2. BHT (Butylated Hydroxytoluene) | Hormone disruption, liver toxicity |
| 3. Sodium Benzoate + Vitamin C | Creates benzene (carcinogen) |
| 4. TBHQ | DNA damage, liver enzyme disruption |
| 5. Propyl Gallate | Direct liver toxicity |
| 6. Sodium Nitrite/Nitrate | Forms cancer-causing nitrosamines |
| 7. Artificial Colors (Red 40, Yellow 5, Blue 1) | Liver enzyme stress |
| 8. MSG (Monosodium Glutamate) | Metabolic disruption |
| 9. Carrageenan | Chronic inflammation trigger |
| 10. Potassium Bromate | Banned in most countries, liver damage |

 **Quick Spot:** Long chemical names you can't pronounce = red flag

High-Glycemic Processed Starches

| | |
|---------------------------------|---|
| 1. Corn Starch (modified) | Instant blood sugar spike |
| 2. White Rice (instant) | Stripped nutrients, rapid absorption |
| 3. White Flour/Enriched Flour | Gluten inflammation + glucose spike |
| 4. Rice Cakes | Higher glycemic index than white bread |
| 5. Instant Oatmeal (flavored) | Added sugars + processed oats |
| 6. Potato Starch (isolated) | Pure starch, zero fiber |
| 7. Tapioca Starch | Empty carbs, immediate glucose hit |
| 8. White Bread | Refined flour, blood sugar roller coaster |
| 9. Crackers (refined flour) | Often combined with bad oils |
| 10. Breakfast Cereals (refined) | Sugar + refined grains combo |

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4. Acesulfame Potassium (Ace-K)
5. Corn Syrup/Corn Syrup Solids
6. Maltodextrin
7. Saccharin
8. Cane Sugar (in processed foods)
9. Fructose (isolated/added)
10. Rice Syrup

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2. Canned Soups
3. Deli/Processed Meats
4. Frozen Dinners
5. Soy Sauce
6. Seasoning Packets
7. Canned Vegetables (regular)
8. Pickled Foods
9. Processed Cheese
10. Salad Dressings (bottled)

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2. White Rice (instant)
3. White Flour/Enriched Flour
4. Rice Cakes
5. Instant Oatmeal (flavored)
6. Potato Starch (isolated)
7. Tapioca Starch
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Research Citations (APA Format)

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Medical Disclaimer: This nutritional information is for educational purposes only and is not intended to diagnose, treat, cure, or prevent any disease - always consult with your healthcare provider before making dietary changes, especially if you have medical conditions, take medications, or have food allergies.