

A Guide to Organ Health

3-4 Foods for Each Major Organ, and the Best Time to Eat Them

Different organs benefit from different nutrients, and timing can make a small but genuine difference in how well your body uses them. This guide covers 9 major organs and organ systems — heart, brain, liver, kidneys, lungs, eyes, gut, skin, and bones — with 3-4 supportive foods each and the best time to eat them.

Heart

Food	Why It Helps	Best Time
1. Walnuts	Omega-3 fatty acids support healthy cholesterol and heart function.	Morning, as a snack
2. Oats	Soluble fibre helps support healthy cholesterol levels.	Breakfast
3. Garlic	May support healthy blood pressure when included regularly.	With lunch or dinner, in cooking
4. Flax Seeds	A plant-based omega-3 (ALA) source supporting heart health.	Morning, added to oats or smoothies

Brain

Food	Why It Helps	Best Time
1. Pumpkin Seeds	Zinc and magnesium support cognitive function and memory.	Afternoon, as a snack
2. Eggs	Choline supports brain development and memory function.	Breakfast
3. Blueberries	Antioxidants are linked to supporting memory and brain health.	Morning, with breakfast
4. Dark Chocolate (70%+)	Flavonoids support healthy blood flow to the brain.	Afternoon, in small amounts

Liver

Food	Why It Helps	Best Time
1. Beetroot	Betalains support the liver's natural detox pathways.	<i>Lunch, as a salad or juice</i>
2. Turmeric	Curcumin supports healthy liver enzyme function.	<i>With lunch or dinner, or as turmeric milk at night</i>
3. Green Tea	Catechins support healthy liver fat metabolism.	<i>Mid-morning</i>
4. Garlic	Contains compounds that help activate the liver's detox enzymes.	<i>With meals</i>

Kidneys

Food	Why It Helps	Best Time
1. Bottle Gourd (Lauki)	Low in potassium with high water content, gentle on kidney function.	<i>Lunch</i>
2. Lemon Water	Citrate may help reduce the risk of certain kidney stones.	<i>Morning</i>
3. Red Bell Peppers	Low in potassium and high in vitamin C, kidney-friendly.	<i>Any meal, raw in a salad</i>
4. Cabbage	Low-potassium and fibre-rich, easy on kidney function.	<i>Lunch or dinner</i>

Lungs

Food	Why It Helps	Best Time
1. Apples	Quercetin, an antioxidant, is linked to supporting lung function.	<i>Morning, as a snack</i>
2. Ginger	Anti-inflammatory properties support respiratory health.	<i>Morning, as tea</i>
3. Spinach (Palak)	Antioxidants support overall lung tissue health.	<i>Lunch</i>
4. Pomegranate	Antioxidants are linked to supporting lung capacity.	<i>Afternoon, as a snack</i>

Eyes

Food	Why It Helps	Best Time
1. Carrots	Beta-carotene converts to vitamin A, supporting vision.	<i>As a snack, with a little fat for absorption</i>
2. Sweet Potato	Rich in vitamin A, supporting overall eye health.	<i>Lunch or dinner</i>
3. Spinach (Palak)	Lutein and zeaxanthin help protect the retina.	<i>Lunch</i>
4. Almonds	Vitamin E helps protect eye cells from oxidative damage.	<i>Morning, as a snack</i>

Gut (Intestines)

Food	Why It Helps	Best Time
1. Curd (Yogurt)	Probiotics support a healthy balance of gut bacteria.	<i>Lunch, or alongside meals</i>
2. Bananas	A prebiotic fibre source that feeds beneficial gut bacteria.	<i>Morning or as a snack</i>
3. Chia Seeds	Fibre content supports healthy digestion.	<i>Morning, soaked in water</i>
4. Papaya	Contains papain, an enzyme that supports digestion.	<i>Breakfast or between meals</i>

Skin

Food	Why It Helps	Best Time
1. Avocado	Healthy fats support skin hydration and elasticity.	<i>Lunch</i>
2. Tomatoes	Lycopene helps protect skin from UV-related damage.	<i>Lunch or dinner, cooked with a little oil</i>
3. Sunflower Seeds	Vitamin E supports overall skin health.	<i>Afternoon, as a snack</i>
4. Sweet Potato	Beta-carotene supports skin repair and renewal.	<i>Dinner</i>

Bones

Food	Why It Helps	Best Time
1. Milk	A reliable calcium source that supports bone density.	<i>Morning or before bed</i>
2. Sesame Seeds (Til)	One of the richest non-dairy calcium sources.	<i>Morning, sprinkled on food</i>
3. Ragi (Finger Millet)	A traditional, calcium-rich grain and good rice alternative.	<i>Breakfast, as dosa or porridge</i>
4. Fenugreek Leaves (Methi)	Provides calcium along with other bone-supportive minerals.	<i>Lunch or dinner</i>

Note: These foods support general organ health as part of a balanced diet and lifestyle — they are not a treatment for a diagnosed condition. This guide is for general education; consult a doctor or dietitian for advice specific to any existing health condition.