

Healthy Living for a Healthy Liver



Eat a Balanced, healthy diet!

- ✓ Eat lots of vegetables, fruit, fish, whole grain and low fat foods.
- ✓ Avoid soda!

Do Not Drink Alcohol!

Alcohol hurts the liver. Drink water instead!



Exercise Daily

- ✓ Try to be active for 30-60 minutes a day.

Decrease Stress in Your Life!

- ✓ Talk to people who are supportive and listen well.



Stop Smoking!!

- ✓ Ask for help if you need it.

Take in Vitamin D!

Many people have low vitamin D levels and don't know it!



Drinking Coffee is Good!!

Up to 3 cups of coffee a day has been shown to reduce liver scarring and better responses to treatment.