Vegetables
Eat a variety of vegetables from all subgroups including dark green, red/orange, legumes & starchy.

Fruits
Aim to eat about 2 cup-equivalents of fruit daily. Especially whole fruits.

Whole Grains
Eat about 6 ounce-equivalents of grains daily. Aim for half of those to be whole grains.

Lean Protein
Eat about 5 1/2 ounce-equivalents of a variety of protein such as lean meat, poultry, eggs, legumes, seafood, nuts & soy products.

Low-Fat Dairy
Consume about 3 cup-equivalents of fat-free or low-fat dairy each day.

Nutrition And Your Liver
Green Tea is a good alternative to sugary beverages and full of antioxidants.

Garlic, grapefruit, beets and carrots can help improve overall liver function.

3-4 cups of caffeinated, black, unsweetened coffee can reduce your risk of liver cancer by 41% and your risk of liver-related death by 71%.

Doctor’s Tip
In general, a heart healthy balanced diet (with meals containing all food groups) as outlined by the American Heart Association is recommended.
-Dr. Pranab Barman, Northwestern University

Get Fit is a campaign provided by the American Liver Foundation, Great Lakes Division. Learn more by visiting us at http://www.liverfoundation.org/greatlakes