Nutrition
March
Essential Foods for You

**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.

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**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 cafffeinated, black, unsweetened coffee can reduce your risk of liver cancer by 41% and your risk of liver-related death by 71%.

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**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

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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

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