

March

Nutrition

Foods to Avoid



Sodium

Choose foods with less sodium and prepare foods with little to no salt. Sodium intake should be less than 2300 mg per day.

Sugar



Limit calories from added sugar and avoid sugary drinks such as soda and energy drinks. Aim to consume less than 10% of calories per day from these sources.



Certain Fats & Oils

Avoid foods with partially hydrogenated vegetable oils to limit saturated and trans fats. Replace them with better fats such as monounsaturated and polyunsaturated.

Alcohol



Limit alcohol consumption to one drink per day for women and two for men. Alcohol can strain and damage your liver. If you have liver disease, consult your physician.



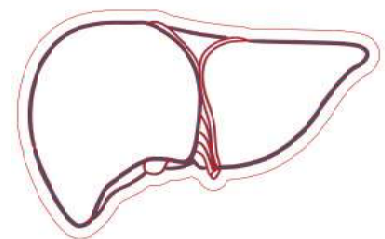
Fast Food

Too much fatty food can lead to non-alcoholic liver disease.

Nutrition And Your Liver

Everything you eat, drink and breathe is filtered through your liver. Your diet significantly impacts your liver health.

Fatty Liver Disease is estimated to affect up to 25% of Americans.



Doctor's Tip

Practice getting into the habit of checking the nutrition labels on all foods, even the ones you are used to buying, in order to understand how much of a certain food is appropriate.

-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>

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