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.