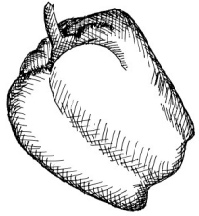


# Nutrition

## Essential Foods for You

March

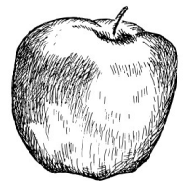


### Vegetables

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.

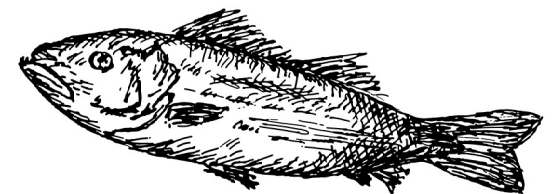


### Whole Grains

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

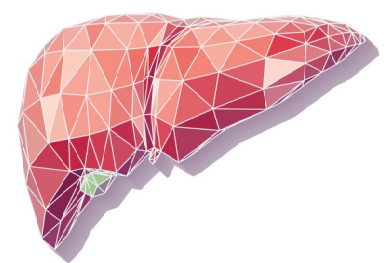
Consume about 3 cup-equivalents of fat-free or low-fat dairy each day.

## 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>