CHOOSE THIS, NOT THAT:

How daily choices can keep your liver healthy all year long



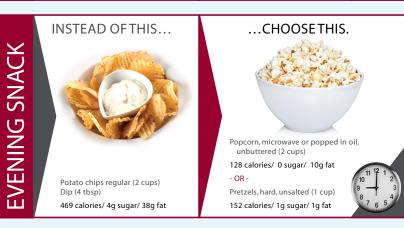
Your liver cares about everything you eat and drink each day.

Too much sugar and fat in your diet can have a similar effect as too much alcohol – fat build-up in the liver. When it is full of fat, the liver can't perform all its 500 functions and it can become progressively more damaged to the point of developing cirrhosis and even cancer.

If you want a healthy liver, the best strategy is to make healthier choices on a daily basis. The following are some healthy swaps you can make over the course of your day.







Eating healthy and getting regular exercise can help prevent, and in some cases reverse, fatty liver disease. Taking care of your liver can not only protect you from fatty liver disease but also reduce your risk of other health problems like heart disease or diabetes. Be forewarned that your liver won't complain when it's under attack or breaking down. Early diagnosis is the best approach so be sure to ask your doctor for a liver test at your next appointment.

To learn more about fatty liver disease, liver tests and how to protect your liver health, visit www.liver.ca/leanliver or call 1-800-563-5483.



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