

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.

BREAKFAST

INSTEAD OF THIS...



Tim Hortons™ Bacon Breakfast Sandwich
Orange Juice
Large Double Double
814 calories/ 63g sugar/ 36g fat

...CHOOSE THIS.



Endless omelette
Glass of skim milk (6 oz)
213 calories/14g sugar/ 4g fat
- OR -
1 cup Greek yogurt (plain, fat free)
½ cup fresh fruit salad
Black coffee
193 calories/ 19g sugar/ 0g fat



MID-MORNING BREAK

INSTEAD OF THIS...



Starbucks' Grande Vanilla latte (with 2% milk)
Banana Loaf
630 calories/64g sugar/ 23g fat

...CHOOSE THIS.



Black coffee or green tea
Banana
109 calories/ 14g sugar/ 0g fat



LUNCH

INSTEAD OF THIS...



McDonald's' Angus Classic Bacon & Cheese
Fries (medium)
Coke™ (medium)
1340 calories/ 69g sugar/58g fat

...CHOOSE THIS.



Country Lentil Soup
Tuna salad sandwich with lettuce
Soda water with lime
428 calories/ 8g sugar/ 7g fat



MID-AFTERNOON ENERGY BOOST

INSTEAD OF THIS...



Mars' bar
Coke™
348 calories/53g sugar / 6.2g fat

...CHOOSE THIS.



16 Almonds (unroasted)
110 calories/ 0g sugar/ 10g fat
- OR -
Summer Fresh' Snack & Go – red pepper hummus and crackers
Water with cut-up fruit
230 calories/ 2g sugar /9-11g fat



DINNER

INSTEAD OF THIS...



Beef lasagna (1 cup)
Garlic bread (medium slice)
Caesar salad (2 cups)
2 glasses of wine (5 fl oz each)
1,277 calories/ 14g sugar/ 55g fat

...CHOOSE THIS.



Thai Turkey Stir-fry
Cooked white rice
Green tea
434 calories/ 1.5g sugar/8g fat



EVENING SNACK

INSTEAD OF THIS...



Potato chips regular (2 cups)
Dip (4 tbsp)
469 calories/ 4g sugar/ 38g fat

...CHOOSE THIS.



Popcorn, microwave or popped in oil, unbuttered (2 cups)
128 calories/ 0 sugar/ 10g fat
- OR -
Pretzels, hard, unsalted (1 cup)
152 calories/ 1g sugar/ 1g fat



TOTALS

INSTEAD OF THIS...

Estimated Calories:
4,878
Estimated Sugar:
267g
Estimated Fat:
216.2g

...CHOOSE THIS.

Estimated Calories:
1,422
Estimated Sugar:
37.5g
Estimated Fat:
39g

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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