



LIVER HEALTH DO'S AND DON'TS

Did you know that the liver is the **LARGEST ORGAN** in the human body? It performs over 500 functions, including processing everything we eat and drink.

Keep this vital organ healthy with these nutrition and fitness tips:

DO...



Eat a balanced diet, choosing foods from all food groups.



Eat foods that have fiber.



Eat antioxidant-rich foods.



Drink lots of water.



Consult your doctor if you need to lose weight. Focus on a healthy diet, regular exercise and low alcohol consumption.



Keep your body mass index in the normal range (18 to 25)

DON'T...



Eat foods with lots of sugar, fat and salt.



Eat fried food.



Drink too much alcohol. In general, per day, women shouldn't have more than two drinks; men shouldn't have more than three drinks.



Gain excessive weight. Maintain a healthy diet and exercise regularly.

Following these tips will help keep your liver – and you – healthy.