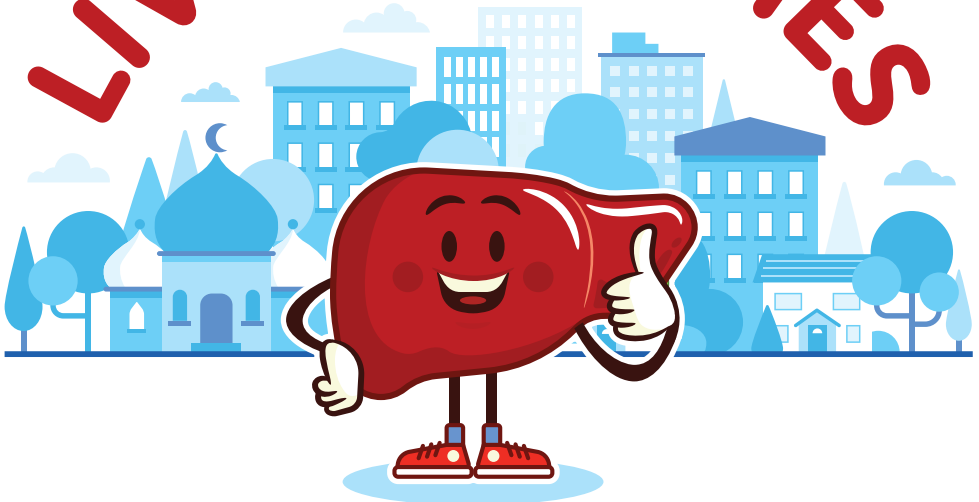


# Diet and Your Liver

Information for patients

LIVER BUDDIES



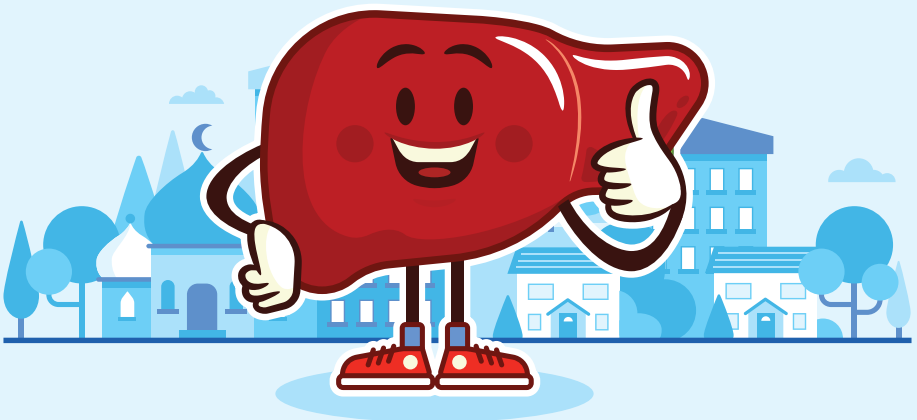
# Maintaining a healthy diet is crucial for supporting liver health.

Here's some information on how healthy eating habits can benefit your liver:

- Consider making one or two changes to your eating and drinking habits.
- A well-balanced diet will help you manage your weight

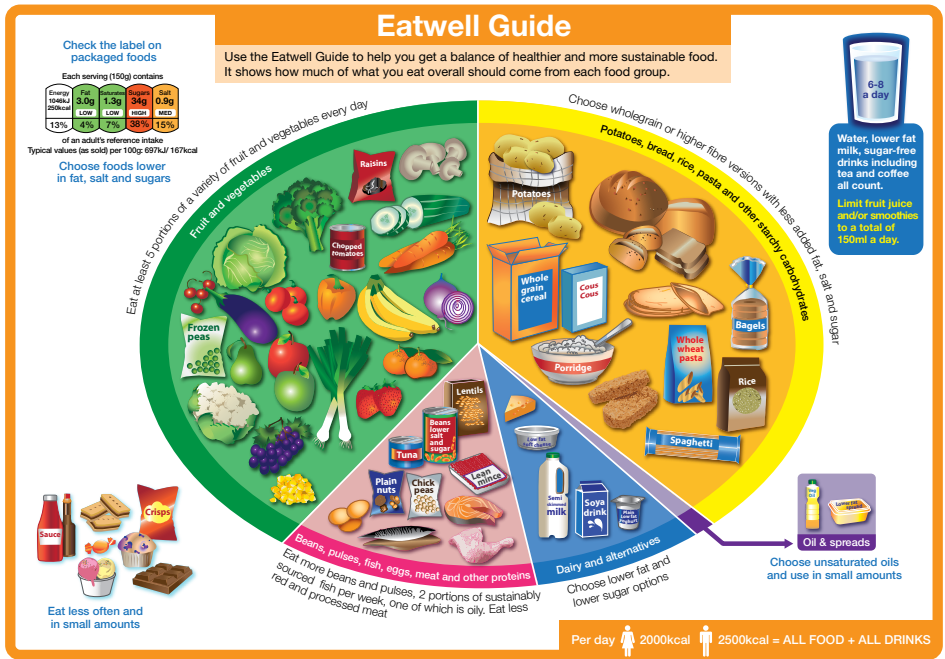
Some helpful things you can do are:

- Think about and write down in a diary, what you eat and drink in a week.
- Are you able to plan your meals in advance?
- Swap snacks to healthier option.



# Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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The **Eatwell Guide** poster can be viewed or downloaded [here](#), or by scanning this QR code:



For more information on the **Eatwell Guide** and how to use it go to the [NHS UK website](#) or scan this QR code:



## Further Information



**5 A Day:  
what counts?**  
[NHS \(www.nhs.uk\)](http://www.nhs.uk)



**Healthy packed  
lunches**  
[bda.uk.com](http://bda.uk.com)



**Better Health**  
[NHS \(www.nhs.uk\)](http://www.nhs.uk)



**Weight Loss**  
[bda.uk.com](http://bda.uk.com)



**Food Facts**  
[bda.uk.com](http://bda.uk.com)



**A Well-Balanced  
Diet**  
[British Liver Trust  
\(www.britishliver  
trust.org.uk\)](http://www.britishlivertrust.org.uk)



**NHS Active Walking  
tracker app**  
[NHS \(www.nhs.uk\)](http://www.nhs.uk)



**What did you think of your care?**

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**Your views matter**

