

Nutrition and Your Liver

Quick Facts!

- The liver helps clear the blood of drugs, hormones, and chemicals that are harmful to the body.
- The liver stores vitamins, minerals and glycogen (a form of glucose used for energy)
- The liver stores vitamins A,D,E,K,C and some B12. It also stores the minerals iron, copper, zinc, and magnesium.

Food Focus...

The liver is involved in the use of food for energy. Therefore it is important to give your liver the right type of energy.

Protein is very important in maintaining your muscle mass and repairing damaged cells. Choose very lean cuts of meat and poultry. Avoid fried or heavily sauced meat dishes.

Don't forget vegetable proteins. These are found in soy foods and legumes.

With advanced liver disease you MD may restrict protein as it can overwork your liver. Never restrict protein without talking to your doctor first.

Carbohydrates are our

Your life your LIVER!

The liver is a very busy organ. With over 500 jobs to perform, it is important that you take care of it every day. Some of the liver's responsibilities are to assist with the digestion of fat and glucose, remove toxins, and clean the blood. Drugs, chemicals, pesticides, and hormones pass through your liver. What you eat and how you live affects how well your liver works.

Hepatitis and cirrhosis are two diseases that effect liver health. Hepatitis C (HCV) and HIV co-infection is quite common, and can make treating your HIV more difficult. People with co-infection typically develop cirrhosis, or hardening of the liver, in about 7 years (as

body's main source of fuel. Choosing whole grain breads and fresh fruit is a good place to start. Limit refined sugars and sweets as these provide little nutrition.

Eat as many different colors as you can. Colorful foods provide us with a variety of vitamins and minerals. Consider a multivitamin to

opposed to 25 years in those without HIV). Having cirrhosis makes it harder to use some anti-retroviral medications and ultimately overworks your liver.

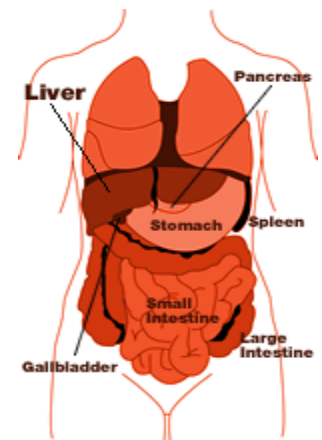
There may be no outward signs of HCV. You could be at risk for Hepatitis C if you:

- *Use injection drugs.
- *Have unprotected sex with multiple partners.
- *Share toothbrushes, razors, or other hygiene products that may have blood on them.

If you think you are at risk please contact your doctor and get tested.

Poor nutrition is not going to cause liver disease. However, a healthy diet can help damaged cells regenerate!

Make sure to incorporate a healthy diet and lifestyle to ensure you are keeping your liver in tip-top shape!



fulfill your nutrient requirements.

High fat foods are harder for the liver to process. *Saturated fat* is especially hard on the liver. This is found in fried foods, chips, high fat meats and high fat dairy products.

Limit your intake of caffeine to 3-4 eight ounce cups a day. **Avoid alcohol** as it is toxic to the liver.