



Thinking about eating more healthily?

People are often surprised to learn that what they eat can affect their risk of liver disease. And like you, many decide to show their liver some love by eating more healthily. We're here to help you work out where to start.

We know that changing things you do on a daily basis can be hard, even when you really want to. The best advice is to make small changes you can stick with. Pick one thing to change at a time. When you're used to it, add another small change. Like stepping stones, all the small changes add together to get you where you want to be.

Use these tips to get yourself off to a good start. For more detailed information on eating healthily, and loads of tips, take a look at our well-balanced diet web page: britishlivertrust.org.uk/balanced-diet

Don't beat yourself up or try to be perfect. Take it one step at a time and keep going.

Be a planner

Plan your meals and write a shopping list to make sure you have everything you need. A list also helps you resist offers on unhealthy foods and drinks.

Stock up on your 5 a day

Frozen, tinned, and dried fruit and veg all count. And they're usually cheaper and easier to store than fresh produce. Watch out for added sugar.

Focus on your food

Don't eat on the go or in front of the TV. Enjoy your meal, noticing the flavours. When you're full, stop eating, even if you haven't cleared your plate.

Cook food with little or no added fat

Give grilling, baking, boiling, steaming and casseroles a go instead of frying or roasting. If you need to add fat, oils are usually healthier than solid fats.

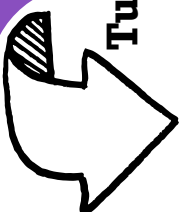
More beans, less meat

Swap some or all of the meat in a curry, chilli or pasta sauce for beans, lentils or extra veg. Making meat go further saves money too.

Know your portions

Use scales, jugs, spoons or packet markings to help you use the right amount. Using smaller crockery and serving spoons helps control portions.

Turn over for your guide to a healthy diet



What is a healthy balanced diet?

A balanced diet is a way of thinking about everything you eat and drink. You need to get the right amounts of different foods and drinks to help your body work properly and stay healthy. That means not having too much or too little of anything. **Aim to eat and drink healthily most of the time.** The big picture is more important than any one small detail. You can adapt it to suit you, for example if you are vegetarian.

Eat at least 5 portions of a variety of vegetables and fruits every day. One portion is roughly a handful. Include at least one portion in each meal.



Foods such as potatoes, bread, rice or pasta (carbs) should make up no more than a third of the food you eat. Brown or wholegrain versions are higher in fibre and healthier.

Eat some beans, pulses, fish, eggs, meat and other protein. If you eat fish include 2 portions every week, one of which is oily such as mackerel or sardines.



Have some dairy or vegan alternatives such as soya or nut drinks. Choose lower fat and lower sugar versions.

Choose unsaturated oils and spreads. And eat them only in small amounts. Vegetable oils and spreads are usually a healthier choice.



Drink 6 to 8 cups or glasses of fluid a day. Water, lower-fat milk, and sugar-free drinks including tea and coffee are all healthier choices. If you drink alcohol, do not have more than 14 units a week.

If you have foods and drinks high in fat, salt or sugar have these less often and in small amounts. Watch out for products with red traffic lights on the label.



The British Liver Trust is a charity and runs the Love Your Liver campaign on donations. If you need further information or are able to donate please visit www.britishlivertrust.org.uk