

Fatty Liver

Did you know your liver . . .

- * processes all the food you eat
 - * makes energy, muscles, strong bones,
 - * processes cholesterol, fats, sugars, drugs, etc.
 - * helps you stay well and recover when you're sick?
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Your liver cannot do its hundreds of life saving jobs if you feed it . . .

- * fatty foods
 - * sugary drinks
 - * greasy burgers
 - * pizzas
 - * alcohol
 - * starchy foods
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A healthy liver depends on your choice of food and drinks.

vegetables fruits nuts fish lean meats
whole grains beans