



March

# Nutrition

## What is a Balanced Diet?

A balanced diet consists of eating all the proper nutrients that your body needs.

Ideal balanced meals include one food item from group: dairy, vegetables, fruits, grains, and meat/beans.

Eat at least five servings of fruits and vegetables a day.

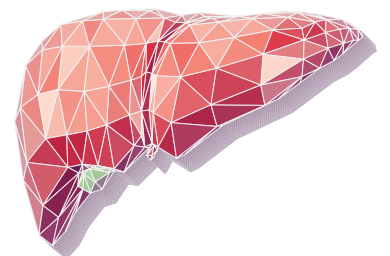
Everyone requires different types and amounts of nutrients based on age, gender, illness and metabolism.

Aim to drink 6-8 glasses of water a day.

## Nutrition And Your Liver

Drinking plentiful amounts of water will keep you hydrated and allow your liver to function better.

Since your liver processes what you eat and drink to provide the body with nutrients, it is important to eat a healthy diet and help the liver run smoothly.



### Doctor's Tip

In general, a heart healthy balanced diet (with meals containing all food groups) as outlined by the American Heart Association is recommended.  
-Dr. Pranab Barman, Northwestern University



LIVE FIT. LIVER FIT.

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