

## THE BENEFITS OF GREEN SMOOTHIES

- They are very nutritious
- Easy to digest
- They still contain fibre
- They are tasty
- Are filled with chlorophyll
- Easy to make
- Are loved by all age groups



## 12 TOP FOODS FOR PEOPLE WITH HEPATITIS C

- Almonds
- Oats
- Blueberries
- Salmon
- Soybeans
- Tea
- Yoghurt
- Broccoli
- Kidney beans
- Spinach
- Pumpkin and
- Vegetable juice

Hepatitis ACT is a Canberra based community organisation providing services for people living with hepatitis, at-risk groups and community organisations.

- Hepatitis Prevention Education
- Hepatitis Awareness
- Hepatitis Treatment Support and Information
- Liver Health Programs
- Needle and Syringe Program outlet
- Health Promotion Events
- Workforce Development
- Advocacy and Referral

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## Hepatitis C, Fatty Liver & "Easy Being Green" Smoothies & Juices

Fatty Liver disease is a growing concern in our society. People with viral hepatitis, especially those with hepatitis C, are more prone to this condition than the general population.

**Making a few simple lifestyle changes can have a significant impact on preventing and eliminating the progression of Fatty Liver disease.**

# FATTY LIVER DISEASE and HEPATITIS C



## WHAT IS FATTY LIVER DISEASE?

Fatty liver disease or steatosis is caused when excess fat cells develop in the liver.

People living with hepatitis C have higher rates of fatty liver than people without hepatitis C.

The reason is not well understood.

## WHAT CAUSES FATTY LIVER DISEASE?

Fatty liver disease may be caused by a number of factors including:

- High fat and junk food diets
- Lack of exercise
- More fat all over the body than is normal/healthy
- Having diabetes
- High alcohol intake
- Hepatitis C virus



## FATTY LIVER DISEASE & HEPATITIS C

Fatty liver disease can cause complications in people living with hepatitis C. A fatty liver can speed up the damage caused by hepatitis C. It is also clear that people with hepatitis C and fatty liver experience poorer treatment outcomes from HCV treatment.

## TREATMENT FOR FATTY LIVER DISEASE

Treatment for fatty liver disease is diet and exercise. Here are some simple tips to help reduce fatty liver disease:

- Eat a healthy diet with lots of fruit and vegetables (at least 5 portions) a day
- Eat meat or chicken that has little or no fat content
- Exercise regularly
- Stop drinking or cut down your alcohol consumption
- Avoid excessively fatty and high processed sugar foods

## WHY GREEN SMOOTHIES AND JUICE?

Green vegetables are the foods most missing from our modern diet. Leafy greens offer a lot of health benefits that other types of vegetables can't. Greens strengthen blood, immune cells, help prevent cancer, reduce the risk of heart disease and fight depression, amongst other things.

Greens also contain a variety of powerful antioxidants that act like a broom cleaning your insides as they pass through. Green smoothies and juices are a pleasant way to consume more greens.

## WHAT IS A GREEN SMOOTHIE?

A Green smoothie is a mixture of water, leafy greens and fruits. It is very green but tastes like fruit. The greens are thoroughly blended with water in a blender for a short period to break down their cellulose structure. This unlocks valuable nutrients that most of us lack.

A blender breaks open the plant's cells very effectively, unlocking nutrients that have proved to be very beneficial for all sorts of health problems. If we have sufficient greens in our diet, stomach acid levels can be restored which improves digestion - an important area for improving health.