

Living Well With Hepatitis B or Hepatitis C

Health Promotion Program September 2020

Having a well balanced diet should provide all the vitamins and minerals needed to stay healthy.

Staying as healthy as possible helps people better cope with hepatitis B and C. This also helps avoid additional liver problems such as fatty liver disease, cirrhosis and liver cancer.

What does the Dietary Guidelines for Australian Adults recommend?

- Eat plenty of vegetables, legumes and fruit
- Limit foods and drinks containing salt
- Swap high saturated fat foods with a healthier option such as nut butters, avocado and other oils
- Include milk, yoghurt and cheese, choose reduced-fat varieties
- Lean meat, fish, poultry and/or alternatives
- Plenty of cereals - breads, rice, pasta and noodles
- Consume a moderate amount of sugar and limit food and drinks containing added sugars
- Drink plenty of water and limit your alcohol intake

Fats and Dairy Products

Everyone needs some dietary fat so their body can function well. Reducing saturated fats such as:

- butter
- cream
- fatty meats
- fried foods

Increase mono and polyunsaturated fats such as:

- nuts
- eggs
- avocados
- salmon

Dairy products are excellent sources of nutrients such as calcium, riboflavin, protein and vitamin B12

If you can't tolerate dairy products try:

- calcium-enriched soy milk
- sardines
- salmon
- dried apricots
- almonds
- lentils
- Brazil nuts

Source: The Dietary Guidelines for Australian Adults <https://www.eatforhealth.gov.au/guidelines>

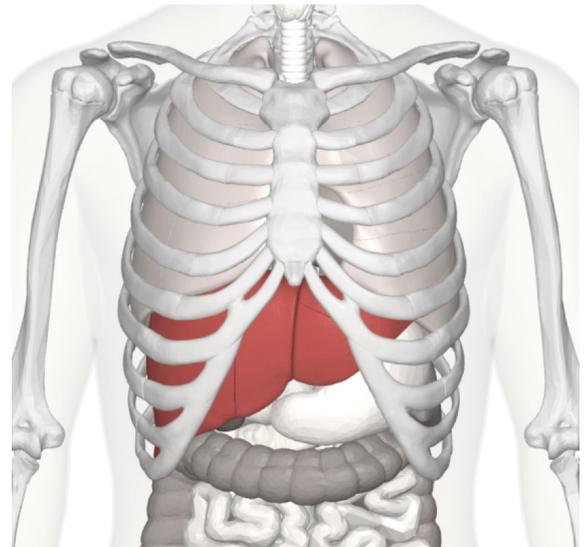
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Over many years, hepatitis B and C can cause irreversible damage to the liver. This is why it is important to look after your liver.

How the liver works:

- The liver is the largest internal organ in your body.
- Produces bile to help digest fats
- Regulates blood clotting and makes proteins for the blood
- Converts stored sugar into energy for when your body needs it
- Detoxifies the blood
- Breaks down toxins and drugs



How can I look after my liver?

- Get treated for hep C
- Direct-Acting Antivirals (DAAs) are a safe and effective cure for hep C with a 95% cure, short duration (8-12 weeks) and few side effects
- If living with hep B, get regular liver check-ups with your doctor or specialist
- Managing hep B means that it can't keep damaging your liver

What can harm my liver?

- Poor diet, alcohol and drugs can also damage the liver
- There is a higher risk of developing cirrhosis if you have hepatitis B or C and drink alcohol, therefore it is advisable it. However, if you do choose to drink, limit yourself to moderate amounts

Source: www.HepatitisAustralia