

# Hep B & Hep C, Fatty Liver & "Easy Being Green"

Health Promotion Program November 2020

Fatty liver disease is a growing concern in our society.

People with viral hepatitis, especially those with hep B or hep 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.

## WHAT IS FATTY LIVER DISEASE?

Fatty liver disease or steatosis is caused when excess fat cells develop in the liver. People living with hepatitis B or C have higher rates of fatty liver than people without hepatitis B or 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 B or C virus



## 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 or cut down your alcohol consumption
- Avoid excessively fatty and high processed sugar foods

## FATTY LIVER DISEASE, HEP B & HEP C

Fatty liver disease can cause complications in people living with hep B or C. A fatty liver can speed up the damage caused by hep B or C.



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## WHY GREEN SMOOTHIES AND JUICE?

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

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



## WHAT IS A GREEN SMOOTHIE?



A Green smoothie is a mixture of water, ice, leafy greens and fruit. It is very green, but tastes like fruit. The greens are thoroughly blended with water and ice 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.



## TOP FOODS FOR SMOOTHIES

- Spinach/Silver beet
- Kale
- Pak Choy
- Buk Choy
- Carrot
- Beetroot
- Celery
- Cos/Hydroponic lettuce
- Tomatoes
- Capsicum/Chilli
- Cucumber
- Mango
- Ginger
- Mint/Peppermint
- Blueberries
- Raspberries
- Strawberries
- Apples
- Pineapple
- Oranges
- Lemon/Lime
- Kiwi fruit
- Grapefruit
- Banana
- Watermelon/Rock melon
- Passionfruit
- Mango
- Pear
- Paw Paw

